December 2015

Guest Speakers
Amy Underhill-Health Education, Tuesday, December, 15th 11:00 am

December Trips

Greenbrier Mall —Wednesday, December 2nd. The van will leave the center at 10:30 am

Walmart – Thursday, December 3rd. Dottie will drive the Seniors to the beach for this shopping trip

Griggs Elementary Christmas Tea-Tuesday, December 8th. We will leave the center at 10:15.

Lunch at Zaxby’s & Shopping at Target—Friday, December 11th. We will leave the center at 10:30 am.

Christmas Luncheon at Currituck Senior Center-Friday, December 18th. We will leave the center at 11:00.

*Please note there will be no Congregate or Home Delivered lunches Monday, December 21st and Tuesday December 22nd. We will be closing at 11am on December 22nd.

Special points of interest:
• Lunch is served at 12 noon.
• Various Activities planned each day.
• Transportation is available for those 60 and older.
• Center is open five days a week.
• Closed December 23rd, 24th and 25th.*
Special Events

Birthday Celebration—We will celebrate all seniors’ birthdays for the month of December on Tuesday, December 1st. There will be cake and ice cream. Happy Birthday to Henry Dillard December 9th, Louise Ferebee December 23rd, Mable McLane December 25th, Edith Meekins and Richard Jernigan on December 29th.

Griggs Christmas Tea—December 8th.

Monarch Bell Ringers—December 15th.

Christmas Luncheon—Friday, December 18th 12 noon.

Closed for Christmas December 23rd, 24th and 25th.

Bible Study on Thursday afternoons at 12:30 pm.

Exercise Class with Min Thursday, December 3rd, 10th and 17th.

Lunch Program

Lunch is served Monday thru Friday at 12:00 noon.

You must be at least 60 years of age to qualify for the lunch program.

Please call by 12:00 pm the day before to make a reservation.

All donations are greatly appreciated.

Transportation

ICPTA provides transportation for seniors that are 60 and older. The bus is handicap friendly. You will arrive at the center at approximately 10:30 am and will be picked up from the center at approximately 1:45 pm.
Fruits and Vegetables

December, frost on the ground and tinsel on the tree. Christmas is here time for turkey, pumpkin pie, family and friends. Broccoli, sweet potatoes, mushrooms and cauliflower are the fresh vegetables of the fall. Fresh fruits are still abundant, grapefruit, papayas, oranges, pomegranates, pears and tangerines. Fill your plate with fall fair and enjoy.

Remember to shop your local farmers markets for your in season fruits and vegetables.

Exercise Programs

Exercise Equipment—is available Monday through Friday 8:00 am until 4:30 pm. We have two professional grade treadmills and two stationary bikes.

Chair Exercises—will be on Tuesdays in March at 10:30 am.

Exercise with Min—is scheduled most Thursdays at 11:00 am.

Organized Games

Bingo—is scheduled Mondays, Wednesdays and Fridays. Monday’s bingo starts at 11:00 am after chair exercises. Wednesday’s and Friday’s bingo starts at 10:30 am and ends at 12 noon. To play, please bring candy or a canned/dry food item for the prize table.

Board Games-We have a large assortment of board games. Get a group together and come play. Cards, Dominoes, Scrabble, Parcheesi, Monopoly and many more. If we do not have the game you would like to play please let us know.
Home Delivered Meals Program

To qualify for our Home-Delivered Meals Program, a potential client must be 60 years of age and homebound. If the client lives in an area where we have a delivery route, then the Albemarle Commission will make an appointment to visit with them and determine if they qualify for the program. A letter must be sent to the client’s physician for approval to be placed in the program. A meal will be delivered Monday-Friday by a volunteer from the community. Each meal will consist of a serving of meat, vegetables, bread, fruit and milk. The lunches are nutritious, well balanced and approved by a registered dietitian, as well as the North Carolina Division of Aging. Clients may make a voluntary donation for the meals. The donations we receive help to provide additional meals.

If you have any questions concerning any of the programs or activities listed in this newsletter, please contact Pat Furr at 252-491-8173 or Stacy Joseph at the Currituck Senior Center at 252-232-3505

Statement of Purpose

The Senior Center is a community focal point on ageing. It is a unit where senior persons can meet, receive services and participate in activities that will affirm the dignity and self worth of the senior adult. Within this atmosphere the center staff creates opportunities for the senior adults to apply their wisdom, insight and exercise their skills.

The center plays an integral role as a resource for the entire community and assist other agencies in serving individual and group services and activities.

Pat Furr

Phone: 252 491-8173
Fax: 252 491-6901

We’re on the Web!
Currituckgovernment.com