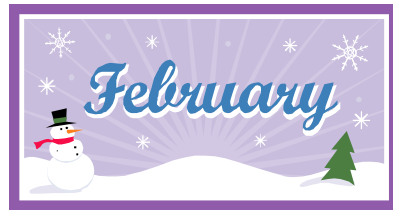


# Powell's Point Senior Center Newsletter

Powell's Point Senior Center



## February 2012

## Guest Speakers

Thursday, February 2nd, 11:00 am  
Amy Underhill-Heart Health

## February Trips

Greenbrier Mall - Wednesday, February 1st. The van will leave at 10:30 am.

Wal-Mart Shopping -Thursday, February 2nd. Dottie will drive the Seniors to the beach for this shopping trip.  
Bus will leave center at 12:30 pm

Scam-Jam Program @ Currituck Sr. Center Tuesday, February 21st. The van will leave at 11:00 am.

Breakfast & Bingo @ Peppercorn's Tuesday, February 28th & Lunch @ Burger King. The van leaves at 9am.

### Inside this issue:

Guest Speakers	1
Trips	1
Special Events	2
Lunch Program	2
Transportation	2
Are you Okay?	3
Exercise	3

### Special points of interest:

- Lunch is served at 12 noon.
- Various Activities planned each day.
- Transportation is available for those unable to drive.
- Center is open five days a week.

## Special Events

**Birthday Celebration**-We will celebrate all seniors' birthdays for the month of February on Wednesday the 8th after lunch. There will be cake and ice cream.

Happy Birthday to Marvin Jones February 15.

**Chronic Disease Management Program** Tuesday, February 7th and 14th.

**Scam Jam @ Currituck Senior Center** Tuesday, February 21st.

**Breakfast & Bingo @ Peppercorn's** Tuesday, February 28th.

**Bible Study**-Visiting Pastors will conduct Bible study with the seniors on Thursday afternoons at 12:30pm.

**Exercise Class with Min**-February 9th, 16th and 23rd.

## Lunch Program

Lunch is served Monday thru Friday at 12:00 noon. You must be at least 60 years of age to qualify for this program.

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

All donations are greatly appreciated.



All Lunches come from the Albemarle Commission and are catered by The Canteen.

## Transportation



ICPTA provides transportation for those who are unable to transport themselves. 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.

## Bridge & Scrabble Groups

We have had a couple of Seniors inquire about starting to play Bridge, Canasta and Scrabble at this center. If you are interested in any of these activities or know someone who might be please contact Pat Furr.

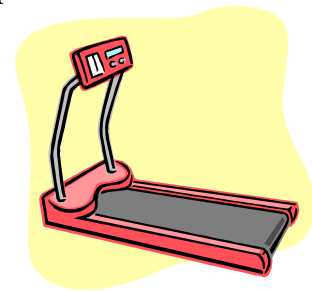


## Exercise Programs

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

**Chair Exercises**—are scheduled most Mondays 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 or 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 more. If we do not have the game you would like to play please let us know.



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## Powell's Point Senior Center

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Phone: 252 491-8173  
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### Pat Furr

Assistant Coordinator

We're on the Web!  
[Currituckgovernment.com](http://Currituckgovernment.com)

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 Diane Bray at the Currituck Senior Center at 252-232-3505

### Statement of Purpose

The purpose of the Senior Center is to promote the physical, emotional and mental well-being of older adults and to encourage their participation in the community. This purpose may be achieved by providing opportunities that encourage older adults to use their skills, develop their potential and continue their involvement in the Senior Center and the community as a whole; providing access to sources of information and training for senior adults; providing experiences that give a sense of achievement and productivity; promoting opportunities to interact with and learn from peers coping with similar life experiences. The center functions for all senior adults in the community.

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## 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 our coordinator will make an appointment to visit with them and take their application. A letter must be sent to the client's physician for approval to be placed in the program. The delivery of the meals may begin as soon as the paperwork is complete. 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. We do receive funding from the local, state and federal governments that cover most of the cost for the meals. Clients are asked to make a donation for the meals. The donations we receive help to cover the balance of the meals served and enables us to serve more meals.

