



The Fessenden Center

46830 Highway 12 • P.O. Box 859
Buxton, N.C. 27920

252-475-5650
DareNC.gov/Fessenden



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REGISTRATION INFORMATION:

All adult activities and trips require pre-registration. Please register in the Fessenden Center lobby or by calling Annelise Wilcox at 252-475-5764.



FIT-A-THON TO BENEFIT THE HATTERAS ISLAND CANCER FOUNDATION



Saturday, October 12, 2024 from 7 a.m. to 5 p.m.

Please join us for our annual Fit-A-thon, from which all proceeds will benefit the Hatteras Island Cancer Foundation. Fitness classes in all levels of intensity will begin at 8 a.m. and be scheduled throughout the day. A pickleball tournament will be held in the gym in a teams format.

The schedule for classes and the tournament will be posted in the Fessenden Center lobby prior to Saturday, October 12, 2024. The suggested donation for participating in any or all activities is \$20 per person for the day. The fitness classes are open attendance, and the pickleball signup will be in the Fessenden Center lobby. We look forward to seeing you!



FLU CLINIC AND BEACH FOOD PANTRY

**Tuesday, October 1, 2024 from 10 a.m. to 1 p.m.
at the Fessenden Center Annex**

Outer Banks Health will be providing flu shots for free for individuals ages 18-64. Beach Pharmacy will be administering the age 65-plus flu shot. The age 65-plus shots will be free; however, if you have insurance or Medicare, please bring your cards with you. Beach Food Pantry will also be onsite with fresh food. All are welcome, and there are no pre-qualifications required to receive food. Please note that several activities for the month of October will be held at the Fessenden Center. The Fessenden Center Annex will be in use with early voting, which begins on Thursday, October 17, 2024.



THANKSGIVING MEAL BASKETS

**Please submit donations to the Fessenden Center
by Wednesday, November 13, 2024.**

The Fessenden Center is working in collaboration with the Dare County Department of Health & Human Services' Social Services Division to provide a complete Thanksgiving meal to qualifying families. We are requesting gift cards from Conner's Supermarket, Food Lion, or Red and White in Hatteras. Donations by check or cash will also be accepted. Checks can be made payable to the Dare County General Fund with "Thanksgiving basket donation" noted on the check. The funds are used to purchase all food and supplies for the meal baskets. Please call Annelise Wilcox at 252-475-5764 for further information.



CANDY BINGO

**Wednesday, October 16, 2024 at 1:30 p.m.
at the Fessenden Center**

Come join us for an afternoon of free bingo with sweet Halloween treats for prizes! Pre-registration is required.



OCRACOKE DAY TRIP

**Thursday, October 17, 2024
Departs from the Fessenden Center 8 a.m.**

Join us for a day trip to Ocracoke Island! Once we arrive in Ocracoke Village, everyone will be free to do as they please. We will meet later in the afternoon and depart for home. Pre-registration is required. The maximum number of participants for this trip is 10.



BOOK CLUB AND DARE COUNTY LIBRARY POP-UP

**Monday, October 21, 2024 at 1:30 p.m.
at the Fessenden Center**

The Fessenden Center Book Club will meet at 1:30 p.m. in the Fessenden Center kitchen. The book selection for October is "Everest Inc.," by Will Cockrell. The Dare County Library has copies of this selection available for patrons to check out. Buxton Village Books also has copies for sale. The Dare County Library will host a pop-up event at 1:30 p.m. in the Fessenden Center lobby, which will include a book pickup and return as well as library card signups.



AIR DRY CLAY GHOST CRAFT

**Tuesday, October 22, 2024 at 10 a.m.
in the Fessenden Center kitchen**

Come play in some clay and create cute little Halloween-themed ghosts! This easy-to-use air dry clay is a great medium to venture into fun little sculptures. The cost of this class is \$10. Pre-registration is required.



ELIZABETHAN GARDENS EXCURSION: PUMPKIN CARVING

**Thursday, October 24, 2024
Van departs from the Fessenden Center at 9 a.m.**

We are off to the beautiful Elizabethan Gardens on Roanoke Island to carve pumpkins and explore the gardens! Upon entry, we will all carve a free pumpkin to leave at the gardens for their upcoming event, "A Night of 1587 Pumpkins," which will be held on Saturday, October 26, 2024.



We will then walk the garden trails. Admission is \$12 per person plus tax. Anyone over age 65 gets a \$1 discount. We will stop for lunch in Manteo on the way back. Everyone pays their own way for the day. Pre-registration is required. The minimum number of participants for this trip is 6, and the maximum number of participants is 10.



INDOOR SHORT COURT RED BALL TENNIS CLINIC

**Monday, October 28, 2024 from 8:30 a.m. to 10 a.m.
at the Fessenden Center gym**

Please join us for an introductory session on Short Court Red Ball Tennis! The game is played on a smaller court with smaller racquets, red foam balls and lower nets. All materials will be supplied. This clinic is free and open to participants of all skill levels; however, you must be age 50-plus to participate. Sign up in the Fessenden Center lobby. The instructor is Karen Chlebnik, who will be assisted by Annelise Wilcox.



OCTOBER EAT AND LEARN NUTRITION CLASS: YUMMY PUMPKIN

**Tuesday, October 29, 2024 at 12 p.m.
in the Fessenden Center kitchen**

Join us for this month's nutrition class featuring yummy pumpkin recipes! Pumpkin is low in calories, high in fiber and packed full of nutrients. Come learn more about pumpkin's health benefits, get copies of some healthy recipes and taste test just how delicious pumpkin can be! The cost of the class is \$5, and it will be limited to 12 participants. Pre-registration is required.



ADULT LUNCHEON

**Wednesday, October 30, 2024 at 12 p.m.
at Dirty Dick's Crab House in Avon**

The October luncheon will be held at Dirty Dick's Crab House restaurant in Avon. The cost per person is \$15 plus tip. The meal includes your drink, entrée and dessert. Pre-registration is required. The menu options will be posted in the Fessenden Center lobby.



Stay tuned to the Fessenden Center's Facebook page for all of our latest updates and interactive opportunities!
[www.Facebook.com/FessendenCenterHatterasIsland](https://www.facebook.com/FessendenCenterHatterasIsland)