



Virginia S. Tillett Community Center

N.C. Center of Excellence • Valuing Togetherness, Caring for Community
252-475-9270 TilletCenter@DareNC.gov

VTCC Staff Members:

Amy Crawford
Administrative Technician
252-475-9270

Katherine Irby
Leisure Activity Specialist
252-475-9273

Jannie Spencer
Program Coordinator (Part-Time)
252-475-9271

Michelle Revels
Senior Custodian
252-475-9274

Melissa D'Ambra
Nutrition Site Coordinator
252-475-9279

Crystal Corbin
Fitness Coordinator
252-475-9272

In This Issue:

- Dare to Scare 5K & Fun Run
- Tea Cup Quilt Raffles
- Basket Weaving Class
- Day-Trippin' with Kat
- Hurricane Season Information
- Veterans Celebration
- Winter Wonderland Toy Drive
- Chicken Pot Pie Casserole



NEWSLETTER

VTCC Facility Hours:

The facility is open from 7 a.m. to 7 p.m. Monday through Thursday and from 7 a.m. to 5 p.m. on Fridays. The fitness room is closed every Wednesday from 1 p.m. to 3:30 p.m. for cleaning.

VTCC Office Hours:

The office is open from 8:30 a.m. to 5 p.m. Monday through Friday. You may reach the front office by calling 252-475-9270.

Inclement Weather Notices:

In the event of inclement weather, please refer to DareNC.gov for the latest county updates, as well as the Virginia S. Tillett Community Center Facebook page and VTCC robo calls, as needed.

HALLOWEEN DAY-TRIPPIN' WITH KAT

Thursday, October 31, 2024
from 12:30 p.m. to 4 p.m.



Wear a costume and join in on the hilarity while finding treasures and adventures on Thursday, October 31, 2024 from 12:30 p.m. to 4 p.m. To register, please call the front desk 252-475-9270. Only 10 spots are available for this trip.

FITNESS INFORMATION:



CLASS INFORMATION:

Please refer to the printed monthly calendar for any known changes in regular programming. You must be a registered participant of the VTCC to participate in both virtual and in-person offerings. If you need to register, please call 252-475-9270. You will need sign-in credentials to participate in virtual classes. Please email Amy at AmyE@DareNC.gov for more information.

Please note: Some classes will not follow a regular schedule and/or there will be a substitute class. More classes may also be added and/or changed throughout the month. Please refer to the printed calendar and the VTCC Facebook page for the most up-to-date class times/cancellations/changes, and please also expect to receive announcement robo-calls.

FITNESS CLASS FEES:

Participants ages 55 and older are invited to attend any fitness classes at no cost. Youthful Hearts, Tai Chi and Tabata Silver are \$3 per class or \$15 per month. Yoga with Mary is \$5 per class. You may attend any of these classes at the available times according to this fee schedule.

Monthly packages are available for the calendar month if the monthly fee is paid by the second scheduled class of the month. After the second class of the month, participants must pay per class. Monthly class fees are non-transferable and non-refundable.

Step and Tone with Ricki, Yoga with Pat, and Yoga with Tracy are taught by outside instructors. Chair Aerobics is offered at no cost to all participants.

Scholarships/financial assistance are available upon request. All requests for assistance will be kept confidential. Please see Sandy Pace for the form.

FITNESS CLASS SCHEDULE:

Youthful Hearts 55+ Circuit

Mondays, Wednesdays and Fridays from 9:45 a.m. to 10:45 a.m.

This class is specifically designed for ages 55 and older beginners and veteran exercisers that are looking to remain fit and active. This class offers a variety of exercises designed to increase muscular strength, balance, flexibility and overall quality of life. The class may incorporate body weight exercise, dumbbells, elastic bands, stability balls and chairs (for support and balance). This is a low-impact aerobics senior workout program designed for all fitness levels. Tennis shoes are required.

Please refer to the printed monthly calendar for any known changes in regular programming.

Tabata Silver with Winnie

Tuesdays from 10 a.m. to 10:45 a.m.

This class offers interval training in the traditional Tabata timing format of 20 seconds of work and 10 seconds of rest with modifications that are friendly to active older adults. The classes will target cardio, strength and core training for all ability levels in a time-efficient class that is appropriate for all ages and fitness levels. Tennis shoes are required.

Yoga with Pat

Thursdays from 10 a.m. to 11 a.m.

This is a multi-level class that incorporates postures and breath awareness to gently strengthen, lengthen, and relax the body and mind. Blocks, straps and walls may be used for support. The class is suitable for all ability levels. The fee is a donation for the volunteer instructor.

Yoga with Tracy

Thursdays from 5:30 p.m. to 6:30 p.m.

This slow-flow yoga class is a fluid flow of poses using breath and awareness. The poses vary in difficulty, but this slower-paced class allows for detailed instruction and time for mindful movement, encouraging students to find a balance between effort and ease to help increase strength, flexibility and balance. The fee is a donation for the volunteer instructor.

Yoga with Mary

Mondays and Wednesdays at 8 a.m.

Join Mary on Mondays and Wednesdays at 8 a.m. Yoga with Mary is a class where movement flows through postures in time with breath, creating a sense of strength while promoting ease and tension relief. This class is focused on posture, deep breathing and mindfulness while listening to the body. The class is suitable for all skill levels. The cost is \$5 per class or a \$25 per month fee.

Chair Aerobics

Tuesdays and Thursdays from 11:30 a.m. to 12 p.m.

This 30-minute class allows participants to remain seated while participating in a complete workout aimed to limit the stress and strain on the joints. Low-intensity chair exercises can raise your fitness level and functional capacity of your body enough to make day-to-day activities easier. Tennis shoes are required.

Step & Tone with Ricki

Please refer to the monthly VTCC calendar for dates and times.

This 50-minute cardio and strength workout incorporates choreographed steps on an elevated platform to the rhythm of high-energy music. The class includes upper body strength exercises, lower body sculpting exercises and total body stretching. The class will use various exercise equipment (such as weights, bands and balls, which are optional) to enhance the toning workout. Tennis shoes are required.



Line Dancing

Mondays and Fridays from 11 a.m. to 12 p.m.

Join Loretta and Jack Fertal on Mondays and Fridays for lots of fun and laughter. This is a fun way to get some exercise, meet people and make new friends.

TAI CHI CLASSES

Tai Chi classes are hybrid.

Intermediate Tai Chi

Tuesdays and Thursdays from 7:30 a.m. to 8:30 a.m.

Beginner Tai Chi

Tuesdays and Thursdays from 8:45 a.m. to 9:45 a.m. Classes will be held inside.



Tai Chi is a series of gentle movements based on an ancient Chinese martial art form. Dr. Paul Lam developed this safe and interesting program, which is easy to learn for beginners and people of almost any physical condition or age. This class will benefit your health in general and improve focus and balance.

Tai Chi can help to relieve your pain, relieve stress, strengthen muscles and improve balance. Proper athletic shoes are required. All ability levels from beginner to advanced are accepted. All of the Tai Chi classes are hybrid.

TEAM SPIRIT FRIDAYS



Join the VTCC huddle! Support your favorite team by wearing t-shirts, jerseys, hats, socks, etc. every Friday. Show your team spirit for your favorite high school, college or professional leagues—no matter! Whether you are an alumni, a superfan or both, shout it out loud with your gear! Go, fight, win!

DARE TO SCARE 5K & FUN RUN



Saturday, October 26, 2024 at 8 a.m.

Register online by visiting

<https://runsignup.com/Race/NC/Manteo/DaretoScare5kSweetTreatFunRun>

Runners:

Packet pickup is on Friday, October 25, 2024 from 4 p.m. to 6 p.m. at the Virginia S. Tillett Community Center.

Volunteers:

If you are interested in volunteering, please fill out the form located at:

<https://www.darenc.gov/home/showpublisheddocument/14397/63860256663140000>

and return the completed information to the Virginia S. Tillett Community Center. There will be a mandatory volunteer meeting on Thursday, October 24, 2024 at 6 p.m.

HYBRID MEETINGS & EVENTS

(In-Person and Virtual via Zoom)

Zoom is an application that you can download for free on your smartphone, tablet, laptop or desktop. You can use your browser or you can simply call into the meeting. Again, Zoom is free to download and to use!



VTCC Travelers

The VTCC Travelers will hold a hybrid meeting for all of the VTCC Travelers prior to an upcoming trip. Please pay close attention to the newsletter for all upcoming trip meetings. The next trip meeting will be held on Wednesday, October 16, 2024 at 6 p.m. at the VTCC for the Dollywood/Pigeon Forge Trip. If you choose to attend virtually, you will receive a link via email 45 minutes ahead of the meeting start time from the VTCC My Senior Center system.



The VTCC Caregivers Support Group

The VTCC Caregivers' Support Group will be held on Thursday, October 3, 2024 at 2 p.m. The meetings are held the first Thursday of each month from 2 p.m. to 3 p.m. as a hybrid program.



VTCC Advisory Board

VTCC Advisory Board meetings occur on the second Tuesday of every month from September through May at 9 a.m. unless otherwise specified. The next meeting is scheduled for Tuesday, October 8, 2024 at 9 a.m.



The VTCC Aging Well Series

The VTCC's Aging Well Series is always offered as a hybrid program. The next program will be held this winter. Please watch the newsletter for upcoming details.

If you are interested in participating virtually, please contact Kat at Katherine.Irby@DareNC.gov so we can get you added to the invitation list(s) and give you instructions on how to participate. Please make your request at least 24 hours prior to each event.

Please also continue to be on the lookout for monthly Zoom events. We would love to have you participate! This is a way for us to keep in touch and also to make you aware of special events and activities that are taking place.



SPECIAL INTEREST GROUPS



The Tea Cup Quilters

Tuesdays from 9 a.m. to 2 p.m. in the VTCC Arts & Crafts Room

Beginners are welcome! Quilters meet to work on individual projects. This group is open to all ability levels. If you are interested in joining them, just pop in while they are at the VTCC!



Monthly VTCC Pool Tournament

Register now for the VTCC Monthly Pool Tournament, which will be held on Tuesday, October 15, 2024 beginning at 9 a.m. Registration is \$5. Please register at the front office by Thursday, October 10, 2024. This tournament is open to all.



Books Matter Book Club

The Books Matter Book Club meets at the Virginia S. Tillett Community Center on the fourth Thursday of each month from 5:30 p.m. to 7 p.m.

The 2024 book club dates and titles are scheduled as follows:

October 24, 2024: "American Dirt" by Jeanine Cummins

November 21, 2024: "The Paris Library" by Janet Skeslien Charles

December 19, 2024: "The Silent Patient" by Alex Michaelides



Rummikub

Tuesdays from 2 p.m. to 4 p.m. in the VTCC Library

The VTCC invites anyone and everyone that wants to play Rummikub to join each other in the VTCC library every Tuesday from 2 p.m. to 4 p.m. This group is open to anyone that wants to play. There is no need to register; just show up!



Canasta

Mondays at 9 a.m. in the VTCC Lounge/Media Room

Join the group and play Canasta! Canasta is a form of rummy using two full decks in which players or partnerships try to meld groups of three or more cards of the same rank and score bonuses for 7-card melds. Not a player but would like to learn? Come on in! There is no need to register, just show up every Monday at 9 a.m. in the VTCC's Lounge/Media Room. The group leader for Canasta is our volunteer, Don Berg.



Taking off Pounds Sensibly (TOPS)

Thursdays from 6 p.m. to 7 p.m.

The Virginia S. Tillett Community Center hosts a TOPS weight loss support group. This nationally recognized program helps people with similar weight loss goals to sensibly take weight off and also to maintain weight loss. The group meets weekly. If you are interested in participating or have any questions, please call the VTCC at 252-475-9270.

TEA CUP QUILT RAFFLES

Proceeds from the quilt raffles will benefit the annual VTCC Toy Drive!



Quilt 1: 58" x 46"

Features: starfish, sea shells, turtles, lobsters, crabs and other beautiful sea visions.



Quilt 2: 58.5" x 45.5"

Features: geometrical hearts with a gridded pattern and gray and white paisley flower backing.

Raffle Tickets:

\$5 for 1 ticket or 3 tickets for \$10. Proceeds from the raffle ticket sales will benefit the annual VTCC Toy Drive. Both quilts will be featured at the VTCC through Thursday, December 12, 2024. You do not have to be present to win. The winner will be called after 8:30 a.m. on Friday, December 13, 2024. Thank you in advance for helping our seniors—and good luck!

ART WORKS PAINTING CLUB



Wednesdays from 12:30 p.m. to 3 p.m., beginning October 2, 2024

Former Arts Works students will be getting together each Wednesday to continue their joy of painting. Come join the club! There is no fee. Everyone is welcome! You must bring all of your own paints, brushes and any other tools that are needed.

The club will meet every Wednesday from 12:30 p.m. to 3 p.m. A maximum of 12 participants are able to stay for each club gathering. If you are new to the center, you will need to complete a general registration form. For more information, please call the VTCC at 252-475-9270.

BASKET WEAVING CLASS

Monday, October 28, 2024 at 9:30 a.m. | Cost: \$35

The supplies that each participant will need are a bucket, spray bottle, pencil, tape measure, medium-size flathead screwdriver, heavy duty scissors and an old beach/bath towel. Please bring your own lunch or you may also order out. To register, please stop by the Virginia S. Tillett Community Center or call 252-475-9270. Please make checks payable to Tina Plageman.



GLASS AND RESIN WORKSHOP: COASTAL | SEA LIFE | HOLIDAY

Create your holiday hostess gifts or get a jump start on holiday gifts. Nothing is more special than a gift that has been handmade by a loved one.

New white 33 x 14 inch (only three left!), 25 x 11 inch, 11 x 14 inch, 9 x 18 inch, 8 x 10 inch or 5 x 7 inch frames (pick your size, based on the subject), will be pre-glued and prepped in advance of the workshop. Each attendee will get one to work on. The workshops are beginner friendly.

Decorations will be supplied, including crushed glass, crushed shells, sand, assorted shells, sea glass and more. If you have a favorite shell or something small you would like to add to your artwork, feel free to bring it. If you want to make a design with mostly sea glass or jewelry, please bring what you have, make a special memory with your found glass and jewels.

- The instructor will pour the resin.
- 24 hours drying time, min. Pick up your creation the next business day.
- The fee is due at registration. Cash or a check made payable to the instructor, Karen Buterbaugh. Registration is first come, first served. Fee structure below.
- The class should take about two and a half hours or longer, depending on the class. Large mermaids take the longest.

There is a max. of 8 participants and min. of 4 participants to hold the class. If the class is canceled, an alternate date will be scheduled. If you need to reschedule, we will work with you.

These wonderful glass on glass workshops will occur on:

- Friday, October 4, 2024 from 12:30 to 3 p.m.: Shoreline/Wave 11 x 14 \$65; 8 x 10 \$45; 5 x 7 \$35. Crab, Seabirds or Sea Turtle 11 x 14 \$85
- Monday, October 7, 2024 from 12:30 to 3 p.m.: Shoreline/Wave 11 x 14 \$65; 8 x 10 \$45; 5 x 7 \$35; Mermaid or Crab 9 x 18 \$65
- Friday, October 11, 2024 from 12:30 to 3 p.m.: Shoreline/Wave 11 x 14 \$65; 8 x 10 \$45; 5 x 7 \$35. Crab, Seabirds or Sea Turtle 11 x 14 \$85
- Monday, October 14, 2024 12:30 to 3 p.m.: Shoreline/Wave 11 x 14 \$65; 8 x 10 \$45; 5 x 7 \$35; Mermaid or Seahorse 25 x 11 \$95
- Friday, October 18, 2024 from 12:30 to 3 p.m.: Shoreline/Wave 11 x 14 \$65; 8 x 10 \$45; 5 x 7 \$35; Mermaid or Seahorse 25 x 11 \$95
- Monday, October 21, 2024 12:30 to 3 p.m.: Shoreline/Wave 11 x 14 \$65; 8 x 10 \$45; 5 x 7 \$35; Mermaid, Crab or Seahorse 9 x 18 \$65
- Friday, October 25, 2024 from 12:30 to 4 p.m.: Extra Large Glass Mermaid 33 x 14 \$135 (only three available!)
- A 5 x 7 Christmas "Crabbie" wishing on a star is pictured and will be the first holiday-themed project featured. It can be added to any class except the October 24, 2024 class. The cost of the Christmas Crabbie class is \$35. Classes to include trees, Christmas crabs and more! See details in upcoming newsletters and examples in the VTCC Lounge/Library.

To register, please stop by the front desk. If you have questions, please call 252-475-9270.

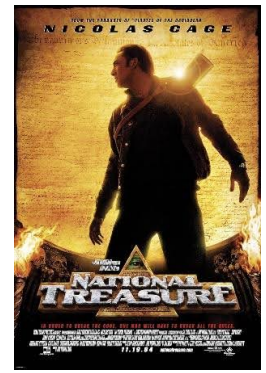
The pictures above are samples of what your creation could be similar to. All frames will be white.



VTCC MOVIE DAY: “NATIONAL TREASURE”

Monday, October 28, 2024 at 10 a.m. at the VTCC

Join us for a free showing of “National Treasure” which is rated PG with a run time of 2 hours and 25 minutes.



Free popcorn and a drink will be provided for all movie watchers!

Storyline: Benjamin Franklin Gates is a descendant of a treasure hunter family who learns about a national treasure from his grandfather. The treasure is stashed somewhere in the country, and the clues leading to the treasure chest are cyphered and scattered all over the country. Benjamin's father abhors treasure hunting, as he himself lost 20 years in chasing the treasure without success. The plot takes a twist when Ben's accomplice, Ian, decides to steal the Declaration of Independence for the next clue. Ben refuses Ian's plan and they become hostile. When Ben tips off the FBI about the possible theft, they refuse to believe him. Ben decides to steal the Declaration of Independence in order to protect it from Ian. Ben meets Abigail Chase, the curator of the archives, when he steals the document. The rest of the story is about how Ben, his partner, Riley, and Abigail decrypt the clues and rescue the national treasure without it getting to the hands of Ian. Credit: IMDb, 2024.

VTCC ROBO CALLS



Please save the VTCC's robo-call number, which is the same as the VTCC main number, 252-475-9270, to your contact list and/or place it by your phone so you know that it is the VTCC calling. Your service provider may mark it as potential spam.

When you receive a call from the VTCC, please wait and listen for the elongated pause to end before the message begins. Please do not respond to the call by calling back, nor text back to text messages you receive, unless you need assistance.

We use this tool to get in touch with you regarding weather closures, class changes and other important information pertaining to the Virginia S. Tillett Community Center. If you are not receiving robo-calls, please contact the front desk at 252-475-9270.

CHANGE OF CONTACT INFORMATION:

Please let us know if your contact information changes (home phone/cell phone, email address, physical/mailling address, etc.). You may inform us by calling the front desk at 252-475-9270.

VOTER ID INFORMATION



Get your free voter ID from the Dare County Board of Elections!

If you are a registered voter but do not have a valid driver's license or state-issued photo identification (ID) card, you can obtain a free voter ID from the Dare County Board of Elections. Please visit www.DareNC.gov/Elections for more information. If you are a Meals on Wheels recipient or congregate meal member, please contact Kat Irby at 252-475-9273 for assistance.

MEDICARE APPOINTMENTS



Open enrollment is held each year from October 15 to December 7.

Anyone seeking assistance from the Seniors' Health Insurance Information Program (SHIIP) for Medicare-related inquiries must make an appointment. Please call the VTCC at 252-475-9270 in order to speak with a SHIIP counselor.

Open enrollment is held each year from October 15 to December 7. This is the only time of the year that you can change your Part D (drug plan). Please call the VTCC at 252-475-9270 to make an appointment. You may also call 252-475-5635 to make an appointment at the Thomas A. Baum Senior Center in Kill Devil Hills. Appointment times go quickly, so call soon!

GRIEF SUPPORT GROUP



**Wednesdays at 6 p.m. at the VTCC:
October 16, November 13 and December 11**

This free-to-the-public support group is open to anyone experiencing grief. Grief can be a difficult journey, but having a community makes a difference. Groups will meet at the Virginia S. Tillett Community Center (VTCC) in Manteo on the following Wednesdays in 2024: October 16, November 13 and December 11. All VTCC meetings are held from 6 p.m. to 7 p.m. and led by facilitator Scott Willison.

You can also join a group meeting at the Thomas A. Baum Senior Center in Kill Devil Hills at 5:30 p.m. on the following Wednesdays in 2024: October 2, October 30 and November 27.

The Grief Support Group provides a place where you can connect with others who understand what you are going through. Together, we can share our stories, offer support and comfort, and help each other through this challenging time.

ADVANCE DIRECTIVES



Thursday, October 17, 2024 from 10 a.m. to 11 a.m. at the VTCC

Do you know who would get to make medical decisions for you if you haven't completed a Healthcare Power of Attorney/Advance Directive? Join us for a free session and learn the who, what, when, where, how—and, most importantly, the why—of advance care planning that includes Living Will and Health Care Power of Attorney. Outer Banks Health will be at the VTCC on Thursday, October 17, 2024 from 10 a.m. to 11 a.m. (Please arrive 10 minutes before the close of the session if you only require witness/notary assistance).

For more information, please call 252-475-0905.



MEDICARE 101 SESSIONS



Individuals who are new to Medicare should be as prepared as possible. Join Kat Irby at the VTCC to discuss Medicare and get answers to your Medicare-related questions in this open forum. Please select a date below and call to reserve your seat. There is no cost to attend any of these sessions.

The VTCC in Manteo will offer Medicare 101 sessions on the following dates:

Tuesday, October 1, 2024 at 12 p.m.

Monday, November 18, 2024 at 9 a.m.

Additional sessions will be offered at the Thomas A. Baum Senior Center in Kill Devil Hills with Jodie or Mike:

Wednesday, November 13, 2024 from 1 p.m. to 2:30 p.m.

The VTCC can be reached at 252-475-9270, and the Thomas A. Baum Senior Center can be reached at 252-475-5635. Call today to reserve your seat!

SPECIAL MEDICAL NEEDS REGISTRY



Do you know about the Dare County Special Medical Needs Registry?

Due to the isolated geography of Dare County, it is very important that our residents be prepared and heed evacuation orders when they are issued. Some residents may need assistance in their emergency preparations and during an evacuation.

The Dare County Department of Health & Human Services' Social Services Division works diligently to ensure that these individuals are taken care of before, during and after a storm by way of the Special Medical Needs Registry. Visit www.DareNC.gov/SpecialNeeds to learn more and access the signup form, or contact the Dare County Department of Health & Human Services' Social Services Division staff at 252-475-5500 for more information.

HARMONY CAFE



Gentle Expert Memorycare (GEM) | Friday, October 25, 2024

GEM (Gentle Expert Memorycare) Harmony Cafe meets at the VTCC every fourth Friday of the month. The next meeting will be held on Friday, October 25, 2024. Additional meeting dates and locations vary across Dare County. Please call Gail Sonnesso at 252-480-3354 for more information.

GEM's Harmony Cafe and the Dare County Arts Council will connect local teaching artists and the GEM family to create art in various mediums such as stained glass, wood, clay and paint, etc. Harmony Cafe is a place where any senior that would benefit from memory care may practice that skill in a safe, supportive and engaging environment.

There is no charge for Harmony Cafe, but please register with Gail Sonnesso by emailing gsonnesso@gmail.com or calling 252-480-3354. This is not a drop-off program, and each participant should be accompanied by a family member or a community friend.

VASCULAR SCREENINGS



Dare to C.A.R.E. offers FREE vascular screenings.

Cardiovascular disease is the #1 health problem in the country today. More than half of all Americans will die from complications of atherosclerosis, the root of cardiovascular disease. Early detection is key!

If you are age 60 or over—or if you are age 50 or over and have risk factors such as smoking, diabetes, high blood pressure or high cholesterol—you are eligible for a free vascular screening. This examination is a non-invasive ultrasound examination of the carotid arteries in the neck and the aorta in the abdomen, as well as an evaluation of the circulation in your legs.

Screenings are performed in Dare County in association with the Rotary Clubs. For more information, please call 410-573-9483 or visit www.HeartHealthFoundation.org.

CAREGIVERS' SUPPORT GROUP



Thursday, October 3, 2024 from 2 p.m. to 3 p.m.

The VTCC Caregivers' Support Group will meet on the first Thursday of each month from 2 p.m. to 3 p.m. as a hybrid program. The next meeting is scheduled for Thursday, October 3, 2024. These meetings focus on offering emotional support and sharing experiences, and they also provide education from expert speakers on a variety of topics, such as legal issues, nutrition, dementia/Alzheimer's disease, caregiving techniques and community resources. This is a hybrid event. If you would like to register, please call the VTCC at 252-475-9270.

CAREGIVERS' DAY OUT PROGRAM



Every Thursday from 9:30 a.m. to 1 p.m.

📍 Virginia S. Tillett Community Center in Manteo

Are you caring for someone with dementia? The Outer Banks Dementia Friendly Coalition and Dare County Department of Health & Human Services have a service that can help. Caregivers' Day Out offers hands-on activities for seniors with dementia using a unique combination of themes, music, games, exercise and snacks. Additionally, it offers primary caregivers support with a time to recharge. There is no charge for this program.

Trained volunteers host these events and facilitate the activities. Drop-off is every Monday between 9:30 a.m. and 10 a.m. at the Dare County Parks & Recreation Youth Center in Kill Devil Hills (602 Mustian Street), as well as every (Thursday from 9:30 a.m. to 1 p.m. at the Virginia S. Tillett Community Center in Manteo (950 Marshall C. Collins Drive). An application must be completed before the program begins, and pickup is no later than 1 p.m.

This wonderful program is always searching for participants and volunteer companions! For more information on how to join the program, please call Dianne Denny at 252-489-9508 or email her at obxdfc@gmail.com.

WINTER WONDERLAND TOY DRIVE



Register in person from November 1-15, 2024 between 8:45 a.m. and 4:45 p.m.

The Virginia S. Tillett Center will host a Winter Wonderland Toy Drive on Saturday, December 14, 2024. The event will feature games, gifts, arts and crafts, and Santa! Times are to be assigned.

Register in person from November 1-15, 2024 between 8:45 a.m. and 4:45 p.m. at the Virginia S. Tillett Community Center. This event is for ages 0-12. In-person registration is required.

For more information, please call us at 252-475-9270.

VETERANS LUNCHEON CELEBRATION



Thursday, November 14, 2024 at 12 p.m.

Join us for our annual VTCC event celebrating all veterans! The luncheon will be held on Thursday, November 14, 2024 at 12 p.m. and will feature music by The Riff Tides. To RSVP, please call the VTCC at 252-475-9270 by Thursday, November 7, 2024. If we do not already have a military picture of you or a loved one that you would like to have featured in our presentation, please send the picture as a .JPEG or .PNG file with the individual's name, rank and branch of service to Katherine.Irby@DareNC.gov by Friday, November 8, 2024 at 5 p.m.

EDENTON CHRISTMAS CANDLELIGHT TOUR



Thursday, December 13, 2024 at 12 p.m.

The Edenton Historical Commission proudly presents the 43rd Annual Christmas Candlelight Tour, featuring the Town of Edenton's Historic East Side and Hayes Farm!

The VTCC will be going on Friday, December 13, 2024 from 12 p.m. to 10 p.m. Public spaces are open for touring from 1 p.m. to 4 p.m., and the private home tours are run from 4 p.m. to 8 p.m. The cost to attend is \$50 per ticket, as well as money for dinner on your own. Please also plan to make your restaurant reservations on your own. You will need to eat dinner prior to the start of the evening tour.

Please note that Edenton Christmas Candlelight Tour tickets are non-refundable.

Payment is due upon registration. This is a physically active trip, and you must be able to walk and stand for long periods of time. Please note that the private homes on the tour are not handicap accessible. Tour transit is free. We will depart from the VTCC at 12 p.m. to head to Edenton and then depart from Edenton promptly at 8 p.m. to drive back to Dare County.

Please call Crystal at at the VTCC at 252-475-9270 for more information.



12 DAYS OF CHRISTMAS DRIVE



Items Needed for the Elderly and Disabled Community in Dare County

A variety of items are needed for the elderly and disabled members of our community. In the front lobby of the VTCC, we have a container for you to drop off any of the following items to help support the elderly and disabled community in Dare County during the winter and holiday season. Please note that we are only able to accept new, unused items:

- Shampoo
- Conditioner
- Deodorant
- Soap
- Lotion
- Toothpaste
- Sunscreen
- Towels
- Kleenex
- Washcloths
- ChapStick
- Band-Aids
- Socks
- Gloves
- Scarves
- Playing Cards
- Puzzle Books
- Greeting Cards
- Pens
- Notepads
- Flashlights
- Dish towels
- Hand soap
- Any new, unused item that you feel would uplift this population!

We are also accepting donations of new blankets to help keep our seniors warm this winter. The blankets will be given to our senior nutrition clients in need. All items need to be dropped off at the Virginia S. Tillett Community Center by Friday, December 6, 2024.

Thank you for your donations and support of our seniors and disabled community members!

NORFOLK PREMIUM OUTLET SHOPPING TRIP



Friday, November 22, 2024

Departs from the VTCC at 8 a.m. / Returns by 6 p.m.

Cost: \$5 per person (plus lunch on your own)

It's time to beat the holiday rush and strike while the bargains are hot! Join us for the VTCC's annual pilgrimage to Norfolk, Virginia to get some of the items on your holiday checklist checked off! This trip is timed to coincide with the holiday markdowns. We will arrive at the outlets at opening time, and you may have lunch on your own on the premises. Limited seating is available for this trip. Payment is due upon registration at the front desk of the VTCC.

SAVE THE DATE:

The Roanoke Island Woman's Club Craft Fair will take place at the VTCC on Saturday, November 2, 2024. Stay tuned for more information!

VTCC VOLUNTEERS OF THE MONTH:

October 2024: Deb Adlon and Sue Stempel

The Virginia S. Tillett Community Center's Volunteers of the Month for October 2024 are Deb Adlon and Sue Stempel. Deb and Sue have been teaming up to get hot meals out to our homebound clients through the VTCC's Meals on Wheels Program for several years. They are always happy to help out, and indeed they do!

Thank you, Deb and Sue, for being outstanding VTCC volunteers and for all that you do to make the "VTCC -The Place to Be!"



VTCC VOLUNTEER OPPORTUNITIES:



- Art Instructors
- Group Exercise Instructors
- Interpreters
- Crafts Instructors
- Special Events Assistance
- Technology Instructors
- Office Assistance
- Youth Programs
- Support Group Leaders
- Kitchen Assistance
- Home-Delivered Meals Drivers
- Advisory Board Member
- Dance Instructors
- Piano Instructor
- Building/Grounds Cleanup
- 5K Race Crew
- Donors/Solicitors
- Home Visiting Program Members
- Special Olympics Opportunities
- Advocacy Events
- SHIP Counselors
- Wellness Trail Pickup
- Memorial Garden Assistance

BLOOD DRIVE



Friday, October 4, 2024 from 10 a.m. to 3 p.m. at the VTCC

On Friday, October 4, 2024 from 10 a.m. to 3 p.m., the American Red Cross Blood Drive will take place at the Virginia S. Tillett Community Center. Give the gift of life.

You are encouraged to make an appointment for the blood drive by visiting RedCrossBlood.org and using the code "DareCC."

Dare County government employees can receive a Wellness Point for their donation.



MEALS ON WHEELS

DRIVERS NEEDED!



We are always looking for assistance! If you can spare an hour or two once a week, every other week or even just once a month, we need you! We will soon be back to serving five days per week and will need more volunteers! If you can help, please give us a call at 252-475-9270. For more information about senior nutrition services in Dare County, please visit www.DareNC.gov/SeniorMeals.

TECH TALK WITH KAT



Available by appointment. Please call 252-475-9273.

If you find that you need basic help with the smart things on your car, cell phone, tablet or laptop, please call 252-475-9273 to make an appointment with Kat Irby for assistance.

LOOK GOOD, FEEL BETTER



Does cancer treatment have you feeling sluggish and looking a little bit less like yourself? Now offered virtually, Outer Banks Hospital Cancer Services has partnered with the Look Good, Feel Better Foundation, the Professional Beauty Association, and community cosmetologists and estheticians to provide the Look Good, Feel Better Program for our local cancer patients.

Trained beauty professionals demonstrate makeup techniques, wigs and scarves to help women with cancer cope and adjust to the side effects of treatment (hair loss and changes to skin complexion and nails).

The program is provided free of charge to all female cancer patients. During this time, we will also be offering these sessions virtually. Please contact Marie Neilson at 252-449-5935 or marie.neilson@theobh.com to enroll in a session.

ENERGY & WEATHERIZATION ASSISTANCE



Please contact the Dare County Department of Health & Human Services' Social Services Division if you need financial assistance with your heating or cooling bill or if you have any other emergency needs. You may reach them by calling 252-475-5500 Monday through Friday between the hours of 8:30 a.m. and 5 p.m.

The Weatherization Assistance Program helps low-income North Carolinians save energy, reduce their utility bills and stay safe in their homes. The North Carolina Department of Environmental Quality administers the Weatherization Assistance Program with annual funding from the U.S. Department of Energy.

For more information, please call Jason Barnes at 252-482-4458, ext. 122.

“GOTSNEAKERS?” CAMPAIGN



Clean out your closet, find your old sneakers and drop them off at the VTCC. Why? Because we are fundraising for the Dare County Special Olympics. You can help the local program and athletes, as well as the world all year long!

GotSneakers? is a company that has a mission to inspire the sneaker community to recycle and reuse quality pre-owned sneakers. The sneaker fundraiser keeps sneakers out of landfills and reduces toxic chemicals from being released into our air and soil. All sneakers from the sneaker drive fundraiser program will be recirculated to people who want quality, reusable footwear at affordable prices, or they will be repurposed into new surfaces, such as playgrounds and tracks. So go ahead and make some room in that closet for something new and help out the best cheerleaders in North Carolina! (We may be a little biased!)

For more information about this fundraiser, please contact the VTCC at 252-475-9270.

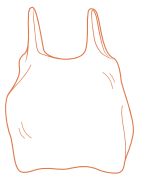
CELL PHONES FOR SOLDIERS



The Dare County Veterans Advisory Council has teamed up with Cell Phones for Soldiers, a national nonprofit organization dedicated to providing cost-free communication services and emergency funding to active-duty military members and veterans. If you would like to help, just drop your unwanted cell phone in one of the boxes provided at the locations listed below. Donated phones are wiped of personal information and refurbished for sale or responsibly recycled for parts. If you would like to learn more, please visit www.CellPhonesForSoldiers.com, where you can find more information, including how to delete your personal information from the phone yourself if you are more comfortable doing so before dropping it off.

Drop-off boxes are located at the Dare County Administration Building in Manteo, the Virginia S. Tillett Community Center in Manteo, the Thomas A. Baum Senior Center in Kill Devil Hills and the Fessenden Center in Buxton.

TREX BENCH PLASTIC BAG COLLECTION



ROANOKE ISLAND WOMAN'S CLUB

Collection boxes for plastic shopping bags are located in the Virginia S. Tillett Community Center lobby! You help benefit our precious space by donating your plastic bags for the benches. You can also reuse some of the plastic bags you collect. Donating excessive plastic wrap and bags is a great way to properly dispose of plastic. TREX benches are the most durable material for our environment, and they look great! Be sure to check out the first one made with the collection, which is located in our north end hallway. The Roanoke Island Woman's Club appreciates your thoughtfulness and is working hard to help clean up our environment.

SEASONAL INFORMATION

OBX Emergency Alerts



Receiving warnings for dangerous weather events can save your life.

OBXAlerts is a platform through which you can register for alerts and notifications from Dare County and the towns of Duck, Southern Shores, Kitty Hawk, Kill Devil Hills, Nags Head and Manteo. OBXAlerts users have access to emergency alerts including:

- Severe weather watches and warnings
- Public safety and emergency-related warnings, such as county-wide evacuation orders and other time-critical notifications
- Routine town notifications
- Water delivery disruptions

To sign up, visit: <https://www.smart911.com/smart911/ref/reg.action?pa=darenc>

Shelters in Dare County:

There are no American Red Cross approved shelters in Dare County. Inland shelter locations will be broadcast on local radio and television station and CurrentTV (Charter Spectrum cable channel 191) as the storm approaches. More information on sheltering during in North Carolina can be found at ReadyNC.org.

Evacuations:

Evacuations are only called for when the lives and safety of those in the area being evacuated will be at risk. With Dare County's seasonal increases in population and limited access on and off the barrier islands, major traffic delays will occur during evacuations.

If an evacuation order is issued, gather your belongings and leave as soon as possible to ensure your personal safety. In addition to protecting yourself, doing so will also save you a significant amount of time in traffic while also helping emergency officials as they prepare for or respond to the incident.

Dare County has two evacuation routes:

- Highway 64 West
- Highway 158 North

Dare County Emergency Management encourages residents and visitors to consider using Highway 64 West, especially those who are evacuating from Hatteras Island, Nags Head and Roanoke Island. For more detailed information, please visit www.DareNC.gov/Evacuation.

Important Contacts:

Utility Companies

Dominion/N.C. Power: 1.866.366.4357
Cape Hatteras Electric: 1.866.511.9862
Tideland Electric: 1.800.637.1079
Dare County Water Dept.: 252.475.5990

Dare County Emergency Management

252.475.5655
DareNC.gov/EM

Road Conditions

NCDOT: Dial 511 -OR- 1.877.638.4968
Virginia DOT: 1.800.367.7623
Ferry Service: 1.800.368.8949

Other Numbers

Attorney General's Office: 919.716.6400
N.C. Highway Patrol: 1.800.441.6127
Poison Control: 800.222.1222
Outer Banks SPCA: 252.475.5620

VOLUNTEER VISITING PROGRAM



The Virginia S. Tillett Community Center's Volunteer Visiting Program provides a vital link between the organization and the community it serves.

The Volunteer Visiting Program is a free, volunteer-based friendly visiting program that provides companionship, outreach and advocacy to lonely and isolated homebound community members. By facilitating weekly friendly visits, we strive to meet the emotional needs of our homebound community members, helping them to age in place—in their own homes—for as long as possible. While our homebound community members receive needed emotional support, our volunteers gain the opportunity to build friendships with older adults, enhancing their own pursuit for successful aging and creating a mutually beneficial relationship.

We are committed to recruiting and preparing highly motivated community volunteers to enhance the quality of life of our homebound community members and to provide our volunteers with meaningful and fulfilling assignments that allow them to develop their skills and interests and to continue the community service mission of the Virginia S. Tillett Community Center.

Through the development of each unique friendship, we also reconnect our homebound community members to the larger community. Whether our Volunteer Visiting Program matches spend their time sharing life stories, playing a game of cards, pursuing a shared passion or learning together about community resources, our goal is to facilitate the creation of meaningful friendships that promote the health and well-being of lonely older adults and their volunteers.

For those ages 55 and older who are facing challenges in their lives, such as isolation, depression, anxiety, addictions, retirement, grief, major health changes, etc., the Virginia S. Tillett Community Center's volunteer visitors make the difference between mental and physical wellness and/or the decline thereof.

The responsibilities for a visitor are mainly providing social interaction and engagement. Many homebound community members are lonely, and their support network may be gone during the day, or perhaps they have outlived their friends and their family is not nearby.

Men and women are both needed for this volunteer position. The next training dates will be announced soon. To register for the training, please call Reha Otte at 443-271-4206.



SUGGESTIONS, PLEASE!



Please help us to help you! We welcome any and all suggestions you may have on how we can better serve you. A suggestion box is located in the front lobby of the Virginia S. Tillett Community Center. Thank you!

VTCC SERVICES & PROGRAMS

- Medicare Counseling
- Advance Directives
- Nutrition
- Referral to other agencies:
 - NCAAS
 - DSS
 - ICO
 - Health Department
 - Albemarle Commission
 - State organizations
- Community Foundations
- Legal Aid
 - Evidence-Based Programming:
 - Tai Chi
 - Matter of Balance
 - Walk with Ease
- Fitness Room
- Technology Assistance
- Fitness Assessments
- Group Exercise Classes, Yoga, Chair Yoga, Tai Chi, Chair Aerobics, Tabata, Zumba, Bootcamps and more
- Quilting
- Crocheting
- Book Club
- TOPS
- Scam Jam
- Conferences/Seminars
- Weight Watchers
- Health & Wellness Screenings
 - Vaccine clinics
- Billiards
- Day/Overnight Trips
- Elder Law
- Meeting Rooms
- Services for Disabled
- Partnerships

GEM	Monarch	Arts Council
Local Churches: Coastal, SWBC, Mt. Olivet, Bethany UM		
SHIIP	DSS	Health Department
Transportation	Public Relations	COA
Motorcycle Charity Group	Keller Williams	RI Youth Center
North Carolina Special Olympics/Dare County		
- Community Meals
- Senior Games
- Energy Assistance
 - Fan Heat Relief
 - EIC Weatherization
- Veterans Celebration
- Center of Excellence
- Community Events
- Summer Picnics
- Toy Drive
- 5K & Fun Run
- Walking Trail
- Advocacy
- Well trained staff
- Caregiver help
- Tax Aide
- Volunteer Opportunities
- Home Improvement Modifications
- Movie Nights
- Support Groups
- Community Dinners
- Powerful Tools for Caregivers
- Awareness Walks



"IT'S THE PLACE TO BE!"

2024-2025 OVERNIGHT TRIPS

Tennessee Holly Dolly Christmas



Nov. 19-22, 2024
\$759 per person,
double occupancy

Holiday Trip to New York City



Dec. 15-18, 2024
\$839 per person,
double occupancy

New Orleans & Caribbean Cruise



Jan. 30 - Feb. 8, 2025
\$2,499 pp. inside cabin,
\$2,999 pp. balcony cabin,
double occupancy

FOLLOW THE VTCC ON FACEBOOK!

Stay tuned to the Virginia S. Tillett Community Center's Facebook page for class updates, trip photos, and other fun and interactive opportunities!



To register, or for more information (including single rates), please call us at 252-475-9270.

2025 OVERNIGHT TRIPS

Spain



April 2-11, 2025
\$4,699 per person
double occupancy

Savannah, Georgia



May 12-15, 2025
\$699 per person
double occupancy

Lancaster, Pennsylvania



June 10-June 12, 2025
\$529 per person
double occupancy

Black Hills South Dakota/ Mount Rushmore



Sept. 8-12, 2025
\$2,299 per person
double occupancy

Canada/New England Cruise



Oct. 1-11, 2025
\$1,899 pp. inside cabin
\$2,299 ocean view cabin
\$3,199 pp. balcony cabin
double occupancy

Biltmore



Dec. 7-10, 2025
\$869 per person
double occupancy

**To register, or for more information (including single rates),
please call us at 252-475-9270.**

LEGAL LISTEN & LEARN SESSIONS OFFERED ONLINE



Hosted by Legal Aid of North Carolina, these free sessions are open to the public, but you must register online at www.legalaidnc.eventbrite.com or by calling 866-219-5262.

Following the schedule listed, these free sessions will take place virtually via Zoom and people can attend from their homes. An attorney will be doing a live presentation during each clinic, rather than using pre-recorded videos. Legal Aid is also offering some new topics that are particularly relevant right now. Some recurring sessions are as follows:

Free Medicaid Eligibility Listen & Learn

Fridays: October 25 and November 22 at 2:30 p.m.

Find out if you are eligible for the Medicaid program during this session.

Criminal Record Expunction and Education Listen & Learn

Tuesdays: October 1, November 5 and December 3 at 2:30 p.m.

This session will explain North Carolina's expunction law to help participants determine if they are eligible to have one or more charges removed from their criminal records. Specific legal advice for individual cases is not provided at these clinics.

Social Security Disability (SSI/SSDI) Listen & Learn

Thursdays: October 3, November 7 and December 5 at 2:30 p.m.

This session will help participants learn about the types of adult Social Security Disability benefits, how to qualify, the application process and what you will need to show to prove you are entitled to benefits. At the clinic, you will watch an instructional video and a volunteer attorney will be available to answer your general questions.

Child Custody and Visitation Listen & Learn

Tuesdays: October 8, November 12 and December 10 at 2:30 p.m.

This session will discuss the requirements for filing a custody action in North Carolina as well as the forms to be completed by the attendee on his/her own to file with the court. This Listen & Learn session will provide you with general legal information and guidance only.

Employee Rights Listen & Learn

TBA

The Employee Rights Clinic will provide information, education and assistance to individual workers and their advocates nationwide and also promote public policies that advance employee rights.

Simple Divorce Listen & Learn

Thursdays: October 17, November 21 and December 19 at 2:30 p.m.

In the Simple Divorce Clinic, you will learn how to file a simple divorce action in court without hiring an attorney. You will receive a packet of legal documents and watch an instructional video. A volunteer attorney will be available to answer general questions.

Medicaid Rights Listen & Learn

Fridays: October 25 and November 22 at 2:30 p.m.

Are you enrolled in Medicaid? If so, chances are you've been enrolled into something called a "Prepaid Health Plan." Listen to this free training to learn what your rights are in your Medicaid plan and where to get free help if you're having a problem getting the care that you need.

Tenant Rights Listen & Learn

TBA

Tenant Rights Clinics explain your rights as a tenant and what to do if your landlord isn't making repairs. You will watch an instructional video. At the end of the video, you will have an opportunity to ask general questions to a volunteer attorney through the webinar and request a callback from Legal Aid to see if you qualify for additional help. Specific advice is not provided at the clinic.

Free SNAP 101 Listen & Learn

Thursday, October 24, 2024 at 2:30 p.m.

Learn about the end of the emergency allotments, how to report changes in your income and expenses to DSS to maximize your benefits payments, and where you can find help in your community.

Health Care Power of Attorney & Living Wills Listen & Learn

Tuesday, October 22, 2024 at 2:30 p.m.

The Health Care Power of Attorney & Living Wills clinic teaches participants how to complete a Health Care Power of Attorney and/or Living Will document on their own. Participants receive the necessary legal forms and watch an instructional video. They can then ask general questions to a volunteer attorney through the webinar. Specific legal advice for individual cases is not provided.

Please note that at this time all of the clinics are only held online.

Clinics are open to the public, but you must register online by visiting www.legalaidnc.org or by calling 866-219-5262.

DEPRESSION PREVENTION

Depression affects more than 19 million Americans every year, regardless of age, race or gender. While depression is not a normal part of the aging process, there is a strong likelihood of it occurring when other physical health conditions are present. For example, nearly a quarter of the 600,000 people who experience a stroke in a given year will experience clinical depression, according to Mental Health America (www.mhanational.org). Unfortunately, symptoms of depression are often overlooked and untreated when they coincide with other medical illnesses or life events that commonly occur as people age (such as the loss of loved ones). However, clinical depression is never a “normal” response. It is a serious medical illness that should be treated at any age.

Explore these proven behavioral health programs for older adults:

Healthy IDEAS (Identifying Depression Empowering Activities for Seniors)

Healthy IDEAS is a depression self-management program designed to detect and reduce the severity of depressive symptoms in older adults with chronic conditions and functional limitations. It includes screening and assessment, education, referral to appropriate health professionals and behavioral activation.

Program to Encourage Active, Rewarding Lives for Seniors (PEARLS)

PEARLS is a highly effective method designed to reduce depressive symptoms and improve quality of life in older adults and in adults of all ages with epilepsy. During six to eight sessions that take place in the client’s home and focus on brief behavioral techniques, PEARLS counselors empower individuals to take action and make lasting changes so that they can lead more active and rewarding lives.

Brief Intervention and Treatment for Elders (BRITE)

BRITE is a substance abuse screening and intervention program for older adults who are experiencing issues with alcohol, prescription medication, over-the-counter medication or illicit drugs. The program aims to identify non-dependent substance use or prescription medication issues and provide effective service strategies prior to an individual’s need for more extensive or specialized substance abuse treatment. (www.ncoa.org)

For local information and assistance, please reach out to the Albemarle Commission Area Agency on Aging, which is located at 512 South Church Street, Hertford, NC 27944.

- Website: www.albemarlecommission.org/aging/
- Email: lalvarico@accog.org
- Office Phone: 252-426-5753 | Information Phone: 252-426-5753
- Provides home- and community-based services and support to seniors ages 60-plus and their caregivers. Services include a caregiver support program, nutrition program, home improvement, legal aid, an LTC ombudsman, and information and referrals.
- Counties Served: Camden, Chowan, Currituck, Dare, Gates, Hyde, Pasquotank, Perquimans, Tyrrell and Washington
- Hours: 8 a.m. to 5 p.m. Monday to Friday (eldercare.acl.gov)

PUBLIC NOTICE:

The Economic Improvement Council, Inc. will be accepting Rental Assistance Applications (ONLINE) for placement on our waiting lists for the following counties in Northeastern North Carolina:

Camden, Chowan, Currituck, Dare, Gates, Hyde, Pasquotank, Perquimans, Tyrrell, and Washington

Wednesday, October 9TH, 2024

Beginning at 8:30am EST

TO APPLY: USE THE ONLINE APPLICATION PROCESS AT
www.eicca.org

- *Research the different counties and ONLY apply for a county you wish to live in (vouchers can only be used in the county it's issued for)**
- ** Have birth certificates & social security cards available when applying (if you do not have copies of these, now is the time to apply for replacements)**

Public computers are available at the public library and community centers.

Each applicant will be responsible for application entry, as well as keeping addresses, phone numbers, and email addresses up to date.

As a reasonable accommodation for those who are elderly, disabled, or handicapped, you may send a written request explaining your need for a paper application including: name, birthdate, address, phone #. to:

PO Box 1236, Elizabeth City NC 27909
Attn: C. Morgan (**before October 4th, 2024**)

The system will close automatically when the maximum number of applications has been received for each county. (Make certain you keep your confirmation number.)



CHICKEN POT PIE BUBBLE-UP CASSEROLE

Ingredients:

- 2 cups chicken, cooked/shredded
- 1 can cream of chicken soup
- 1 cup sour cream
- 1 cup cheddar cheese, shredded
- 1 1/2 cups mixed frozen veggies
- 1 teaspoon garlic powder
- 1/2 teaspoon seasoned salt
- 2 cans refrigerated biscuits (6 oz. cans)



Recipe courtesy of
www.thecookinchicks.com

Directions:

1. In a medium mixing bowl, combine the chicken, cream of chicken, sour cream, cheddar cheese, veggies, garlic powder and salt.
2. Cut each biscuit into fourths and toss pieces into chicken mixture.
3. Spray a 9x13 inch baking pan with cooking spray and spread chicken biscuit mixture evenly.
4. Place pan in preheated oven (375 degrees F) and bake for about 35-45 minutes, or until cooked through. It could take longer depending on the oven.
5. Remove from oven and serve!





HALLOWEEN WORD SEARCH



Find the words below.

W T N E M E T I C X B M K Q E W M R T T
M W L T S E V R A H B M O N S T E R D Q
C Y Z N O C T O B E R E E R I E L T V V
Z O T V M D H W E X H L T F G O B L I N
K B S K K B B A V I O X Z R U T H L N O
Q P T T R I C K O R T R E A T Q X A O T
R U Z K U F S E L P P A X N D Z M S R E
U M P K E M O N M U T U A K N A R P A L
M P A Z F Z E T U Z H P C E Q Y U B N E
A K R J A N D S Z C D H B N Y P M Z G K
S I T D S R X J T N E M E S U M A M E S
K N Y L A C E I U O U B P T N H S F U E
T S H C S U W I S T P S M E E A T O K M
D C U T H W K C R E S P Y I T Y S A C A
U L A F A V Y R U T C I R N H R O Q A G
A B P T D K B B O J P D T D G I H A L B
N E E W O L L A H Z P E M K I D G P B D
J E U O W X R D W W I R U G R E N R M U
O J P I S F O O B E R A C S F G H B Y W
X S R C K Y D N A C T H G I N O P I H H

AMUSEMENT
BATS
CANDY
DRACULA
FRANKENSTEIN
GHOSTS
HARVEST
MONSTER
OCTOBER
PRANK
SCARE
SPIDER
WITCH

APPLES
BLACK
CAT
EERIE
FRIGHTEN
GOBLIN
HAYRIDE
MUMMY
ORANGE
PUMPKINS
SHADOWS
SPOOKY

AUTUMN
BOO
COSTUMES
EXCITEMENT
GAMES
HALLOWEEN
MASK
NIGHT
PARTY
SAFE
SKELETON
TRICKORTREAT