#### **NOVEMBER 2024**

#### ADULT NEWSLETTER



# The Fessenden Center

46830 Highway 12 • P.O. Box 859 Buxton, N.C. 27920 252-475-5650 DareNC.gov/Fessenden



#### **STAFF:**

Leisure Activities Supervisor: Susan Gray

Leisure Activities Specialist: Ian Folb

Leisure Activities Specialist: Annelise Wilcox

Fitness Coordinator: April Bodiford

> Administrative Technician: Barbara Elmore

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Support Staff: Jonda King Roy Smith

#### CONTACT:

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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.



# 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 & 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.



### **FLU & COVID VACCINE CLINIC**

#### Wednesday, November 13, 2024 from 10 a.m. to 12 p.m. at the Fessenden Center Annex

The Dare County Department of Health & Human Services will be administering flu and COVID vaccines. The health department will file insurance for the vaccines. If uninsured, the flu shot will be self-pay at \$44. The COVID vaccine is free to anyone who is uninsured or underinsured.

The health department will accept the following insurances: Medicare, all forms of Medicaid, Blue Cross Blue Shield, Medcost, Tricare, Aetna and Cigna. This is a walk-in clinic, so no appointments are being scheduled.

### **GOBBLE GOBBLE BINGO**

Wednesday, November 13, 2024 at 1:30 p.m. at the Fessenden Center

Our monthly bingo will have prizes that celebrate the season of giving and gratitude. This event is free; however, pre-registration is required.

# **ART GALLERY & LUNCH TRIP**

#### Thursday, November 14, 2024 Van departs from the Fessenden Center at 9 a.m.

Join us for a day exploring the SeaGreen Gallery and Garden in Nags Head. This gallery features artwork of repurposed items, and they have created an oasis in their backyard of the gallery as well. Upon stepping onto the boardwalk, there is a claw foot

bathtub, and the tub overflows, creating a stream that runs the length of the workshop wall. There are mosaic bridges, driftwood waves, a mosaic cement wave, and flora and fauna—including lots of koi, goldfish and tiny anoles in the winding streams.

We will stop at Kill Devil Grill for lunch on the way home. Everyone will pay their own way for the day. There is a minimum of 6 participants and maximum of 10 participants for this trip. Pre-registration is required.









### **FIT-A-THON**

To Benefit the Hatteras Island Cancer Foundation Saturday, November 16, 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 team format.

The schedule for classes and the tournament will be posted in the Fessenden Center lobby prior to Saturday, November 16, 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!

# **OUTER BANKS MALL SHOPPING TRIP**

#### Monday, November 18, 2024 Van departs from the Fessenden Center at 8:30 a.m.

Make your list and check it twice! It's time for a pre-holiday shopping excursion to the Outer Banks Mall in Nags Head! The van will depart from the Fessenden Center at 8:30 a.m. and go the mall. Everyone can shop where they like and eat where they please for lunch before we return. Pre-registration is required.

### **FESSENDEN CENTER BOOK CLUB**

#### Monday, November 18, 2024 at 1:30 p.m. inside the Fessenden Center kitchen

The book club will meet on Monday, November 18, 2024. Please call Annelise Wilcox at 252-475-5764 or email her at <u>Annelise.Wilcox@DareNC.gov</u>, for the book selection.

# ADULT LUNCHEON

#### Tuesday, November 19, 2024 at 12 p.m. at Frisco Bay Coastal Grill

The November luncheon will be held at Frisco Bay Coastal Grill in Frisco. 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 after November 1, 2024.









## SANTA NEEDS HELP!

We are accepting toy donations for a toy drive to be sent out to western North Carolina to help Santa with making this Christmas a little brighter. We are requesting that the items be new and in their original packaging or lightly used and wrapped to protect them in transit. Donations are being accepted in the Fessenden Center lobby until November 27, 2024. Donations are

also being accepted at Cape Hatteras KOA in Rodanthe, United Bank in Buxton and Village Market Red & White in Hatteras. For more information, please contact Eveline Carle at 508-274-7079.

### WINE CORK CRAB FIGURINES

#### Thursday, November 21, 2024 at 10 a.m. at the Fessenden Center Annex

Join us for a fun craft making a wine cork crab! It would make a great ornament for your Christmas tree or a knick knack to enjoy all year long. The cost of the class is \$10 per person. Pre-registration is required.

### **PAINTING WITH TRISH ART CLASS**

#### Wednesday, November 20, 2024 at 10 a.m. at the Fessenden Center Annex

In the spirit of Thanksgiving and the fall season, Trish will be teaching a guided painting class with step-by-step instructions. No need for any artistic experience! The painting will be a pumpkin, and Trish will add a custom sticker on the canvas saying

"Gather and Be Grateful." Pre-registration is required. The cost to attend is \$20 per person. The minimum number of participants for this class is 6, and the maximum number of participants is 15.

### Stay tuned to the Fessenden Center's Facebook page for all of our latest updates and interactive opportunities! <u>www.Facebook.com/FessendenCenterHatterasIsland</u>





