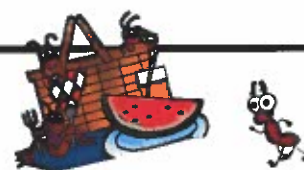




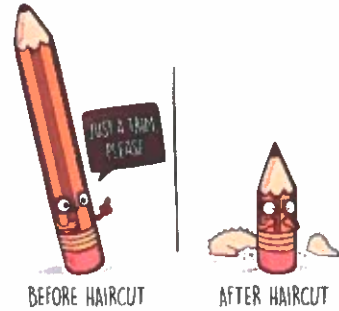





AUGUST 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>August 3rd is Nat'l Watermelon Day!</p> 	<p>4</p>  <p>Move & Stretch Talk a walk, do yoga...</p>	<p>5</p> <p>Best wishes to everyone who has a AUGUST birthday!</p> <p>Happy Birthday!</p> 	<p>6</p> <p>A great day to kick your feet up on a lawn chair and drink a glass of lemonade...hope the sky's are blue!</p>  <p>Lemonade can trace its origins to the Egyptians in 500 A.D</p>	<p>7</p> <p>Read a book!</p> <p>New top 5 Suggestions from The New York Times</p> <p><u>Near Dark</u> by Brad Thor</p> <p><u>Axiom's End</u> By Lindsay Ellis</p> <p><u>The Book of Lost Names</u> by Kristin Harmel</p> <p><u>The Answer is...Near Dark</u> by Alex Trebek</p> <p><u>Walking With the Wind</u> by John Lewis/Michael D'Orso</p>
<p>10</p> <p>Prepare for Hurricane season and be ready for severe weather. Tasks you should complete include:</p> <ul style="list-style-type: none"> • emergency safety kit with supplies and medications • Organize important documents • Review insurance policies • Make sure generators are in good working condition • Make a checklist of steps to take in order to secure your property • Plan how you will care for pets and/or farm animals 	<p>11</p> <p>Hurricane CONT...</p> <p>Resources available to provide information and preparedness tips for residents, businesses, farmers, and property owners.</p> <p>These include:</p> <ul style="list-style-type: none"> • Currituck Emergency Management 252-232-2115 www.Co.currituck.nc.us • National Weather Service www.Weather.gov • www.ready.gov 	<p>12</p>  <p>Apple's Did you know?</p> <p>Apples are low in sodium, fat, and cholesterol. They don't offer protein, but apples are a good source of vitamin C and fiber.</p>	<p>13</p> <p>When the last time you played in a puddle?</p>  <p>You are never too old to be a kid</p> 	<p>80's TV Trivia</p> <p>What was the name of Angela's son on "Who's The Boss?" <i>Jonathon</i></p> <p>On "Three's Company" what was the city the trio lived in? <i>Santa Monica</i></p> <p>What was the name of the bartender on "The Love Boat?" <i>Isaac Washington</i></p> <p>What actor is famous for the line "nanoo Nanoo?" <i>Robin Williams for Mork from Ork</i></p> <p>On "M*A*S*H" what was the name of BJ's wife? <i>Peg</i></p>
<p>COVID-19</p> <p>Everyone Should...</p> <ul style="list-style-type: none"> • Wash your Hands • Avoid Close Contact • Wear a Mask • Cover Coughs & Sneezes • Clean & Disinfect • Monitor Your Health! 	<p>18</p> <p>August 18th is BAD Poetry Day!</p>  <p><i>"When you think things are bad, when you feel sour and blue, when you start to get mad... you should do what I do... Just tell yourself, Duckie, you're really quite lucky! Some people are much more... oh, ever so much more... oh, muchly much-much more unlucky than you!"</i> - Dr. Seuss</p>	<p>19</p> <p>Please make sure to fill out your Census, go to: https://my2020census.gov/</p> <p>Or call 1-844-330-2020</p> <p>Deadline has been extended to Oct. 31st!</p>	<p>20</p> <p>Make Someone's Day!</p> <p>Pick up the phone and call a friend or family member to just say "HI!"</p> 	<p>21</p> <p>Laugh out loud!</p>  <p>BEFORE HAIRCUT AFTER HAIRCUT</p>
<p>24</p> <p>Tell someone "Thank you" today!</p> 	<p>25</p> 	<p>26</p>	<p>27</p> <p>Get moving!!!</p> <p>Use:</p> <p>Chairs to work arms and legs or a wall to do standing push ups</p>	<p>28</p> <p>Inspiration</p> <p>"To live a creative life, we must lose our fear of being wrong." --Anonymous</p>
<p>31</p> <p>Fall is on it's way! Enjoy a nice picnic this evening during the final days of summer!</p> 	<p>Stay-At-Home Calendar to keep you connected, fit & happy during the COVID-19 pandemic.</p> <p>SR. CENTERS WILL REMAIN CLOSED UNTIL PHASE 3</p> <p>Thank you for your patience and understanding!</p> <p>WE HOPE TO SEE YOU SOON! Stacy, Dawn, Latesa, Lorraine & Mari</p>	<p>Currituck County Senior Center (252) 232-3505</p>  <p>The senior centers continue to deliver MOW. Please contact us if you are or know of a senior in need.</p>	<p>What does Phase 2 mean for Currituck ...</p> <ul style="list-style-type: none"> • The public may attend meetings of the Board of Commissioners and Advisory Boards. • Beaches, public park open space, and walking trails are open to the public. • Public restroom and beach access facilities are open and will be cleaned on a more frequent schedule. 	<ul style="list-style-type: none"> • Public access to county offices will remain on an appointment-only basis. • (Exception) The Permit Offices will be open as follows only for citizens to drop-off permit applications. (A) Mainland: Tues and Thurs, 8 am – 5 pm; and (B) Corolla: Wed, 8 am – 5 pm • Plexiglas dividers have been installed at customer service counters to limit the spread of COVID-19 • All Senior Centers remain closed to the public/staff reachable by phone/email