



# Virginia S. Tillett Community Center

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

## VTCC Staff Members:

### Sandy Pace

Community Center Director and  
Dare County Special Olympics  
Co-Coordinator  
252-475-5625

### Amy Crawford

Administrative Technician  
252-475-9270

### Jannie Spencer

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

### Katherine Irby

Leisure Activity Specialist  
252-475-9273

### Michelle Revels

Senior Custodian  
252-475-9274

### Melissa D'Ambra

Nutrition Site Coordinator  
252-475-9279

### Crystal Corbin

Fitness Coordinator  
252-475-9272



## VIRGINIA S. TILLETT COMMUNITY CENTER (VTCC) ACCESS:

### 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.

### Independence Day:

The VTCC will be closed on Thursday, July 4, 2024 in observance of Independence Day. The center will reopen on Friday, July 5, 2024 at 7 a.m.

## In This Issue:

School Supply Drive

Disaster Preparedness

New Body Sculpt Class

Taco Dip Recipe

Family Fun Nights

## FOLLOW THE VTCC ON FACEBOOK!

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



# 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](mailto: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**

**Tuesdays 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**

**Monday, July 22; Wednesday, July 24; and Monday, July 29 at 8 a.m.**

In this class, 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.

## **Body Sculpting Class with Chris White**

**August 5, August 12, August 19 and August 26 from 8:30 a.m. to 9:30 a.m.**

This is a strength and core training class that uses a variety of equipment, such as weights, stability balls, resistance bands and a mat. Each class is 60 minutes. This is an intermediate level class that will be held on Mondays in August 2024. The cost is \$5 per class.

# **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.**



**\*There will be no Tai Chi on Tuesday, July 16, 2024 or Thursday, July 18, 2024 and no Tai Chi classes during the first week in August.**

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.

# **ANNUAL DISASTER PREPAREDNESS REVIEW**



**Tuesday, July 9, 2024 at 12 p.m.**

Please join Sandy and Kat on Tuesday, July 9, 2024 at 12 p.m. for an annual review of what you should do to be prepared in the event of a natural disaster. This mid-hurricane season reminder session will also allow for the opportunity to be placed on Dare County's Special Medical Needs Registry, if applicable.

Please see the article on page 11 of this newsletter or visit [DareNC.gov/SpecialNeeds](https://DareNC.gov/SpecialNeeds) to learn more about the Dare County Special Medical Needs Registry. You may also contact the Dare County Department of Health & Human Services' Social Services Division at 252-475-5500.





# 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.

## 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.

## BLOOD DRIVE



**Friday, August 2, 2024 from 10 a.m. to 3 p.m. at the VTCC**

On Friday, August 2, 2024 the American Red Cross Blood Drive will take place at the Virginia S. Tillett Community Center from 10 a.m. to 3 p.m. Give the gift of life. You are encouraged to make an appointment by visiting [www.RedCrossBlood.org](http://www.RedCrossBlood.org) and using code "DareCC." Dare County government employees can receive a Wellness Point for their donation.

## DARE TO SCARE 5K



**SAVE THE DATE: Saturday, October 26, 2024 at 8 a.m.**

VTCC's Annual Dare to Scare 5K & Sweet Treat Fun Run will take place on Saturday, October 26, 2024 at 8 a.m.

(Registration is required and will be available in August. All sponsors, past and future, please contact Crystal at 252-475-9272 or [Crystal.Corbin@DareNC.gov](mailto:Crystal.Corbin@DareNC.gov) as soon as possible!)

# 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 the upcoming trip. Please pay close attention to the newsletter for all upcoming trip meetings. The next trip meeting will be held on Thursday, July 25, 2024 at 6 p.m. at the VTCC for the Ancient Cities 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 Caregiver's Support Group**

The VTCC Caregiver's Support Group will be held on Thursday, July 11, 2024 due to the Independence Day holiday; otherwise, it is held on 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 every second Tuesday of the month from September through May at 9 a.m. unless otherwise specified.

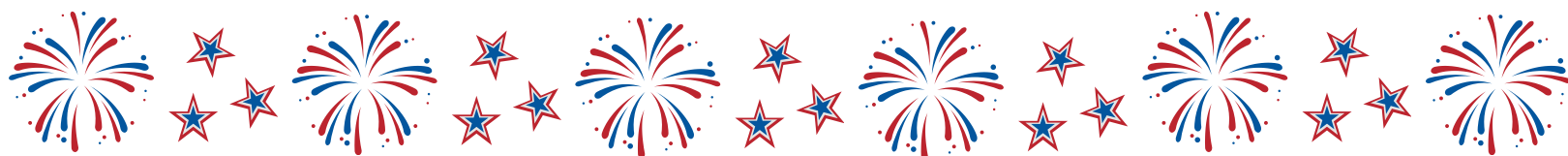


### **The VTCC Aging Well Series**

The VTCC Aging Well Series is always offered as a hybrid program. The next program will be held on Tuesday, September 17, 2024 at 6 p.m. Please look for details in upcoming newsletters.

If you are interested in participating virtually, please contact Kat at [Katherine.Irby@DareNC.gov](mailto: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 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, July 16, 2024 beginning at 9 a.m. Registration is \$5. Please register at the front office by Thursday, June 11, 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.

**There will be no meetings in June, July and August.**

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

September 26, 2024: "Hotel on the Corner of Bitter and Sweet" by Jamie Ford

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**

**Rummikub is taking the summer off. We'll see you in September!**

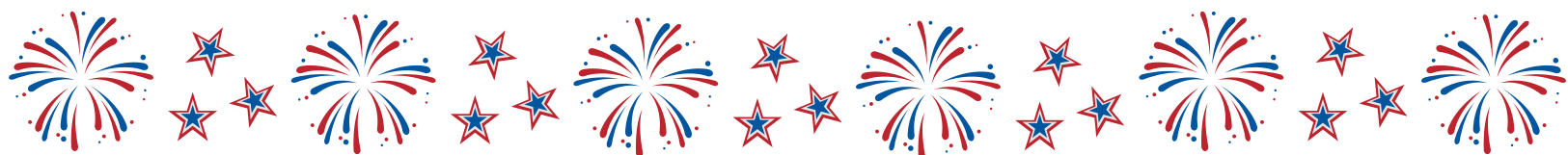
The VTCC invites anyone and everyone that wants to play Rummikub to join each other in the VTCC library every Tuesday from 2 p.m. to 4 p.m. This group is open to anyone that wants to play. There is no need to register; just show up!



## **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 Lounge/Media Room. The group leader for Canasta is our volunteer, Don Berg.



# GLASS AND RESIN WORKSHOP: SHORELINE OR WAVE

Join us for a beginner-friendly glass and resin workshop! New white 11x14, 8x10 or 5x7 frames (pick your size), will be pre-glued and prepped in advance of the workshop. Each attendee will get one to work on. This workshop is beginner friendly.



The following decorations will be supplied: crushed glass, crushed shells, sand and some assorted shells. If you have a favorite shell or something small you would like to add to your artwork, feel free to bring it.

- We will pour the resin.
- 24 hours drying time is required.
- Pick up your creation the next day.
- Fee is due at registration. Cash or check made payable to the instructor, Karen Buterbaugh.
- The class should take about two and a half hours.
- Minimum of 6 participants per class, maximum of 8 participants.

## **These wonderful workshops will be held on:**

Friday, July 19, 2024 from 10 a.m. to 12:30 p.m.

Monday, July 22, 2024 from 12:30 p.m. to 3 p.m.

Friday, July 26, 2024 at 2 p.m. to 4:30 p.m.

**Please note the time differences in the workshops listed above.**

## **The cost per person, per workshop is as follows:**

- \$65 - 11 x 14 inch frame (+\$20 to add shore birds - large frame only)
- \$45 - 8 x 10 inch frame
- \$35 - 5 x 7 inch frame

If a class is canceled due to a lack of attendees, an alternative date will be scheduled. Please note that attendees' supplies will have most likely been pre-purchased. The cost for the workshop is non-refundable.

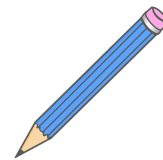
# BOTTLE OF DIMES FUNDRAISER



Completely fill an empty 16-ounce water bottle with dimes and turn it in by Monday, September 30, 2024 to help raise funds for the 12 Days of Christmas program that provides Christmas gifts to seniors in our community. Donations can be dropped off at the VTCC between 9 a.m. and 4 p.m. Empty bottles can be picked up in the lobby at the VTCC.



# BACK-TO-SCHOOL SUPPLY DRIVE



**Please donate school supplies from July 1, 2024 to August 16, 2024.**

Please help our local school children start the year off right with all of the basic school supplies they need. Let's fill the box!

The Virginia S. Tillett Community Center is accepting donations of school supplies in the box located in the front lobby of the center for Dare County schoolchildren who are in need.

The suggested list includes:

- Black and white composition books and wide-ruled spiral notebooks (single subject)
- Wide-ruled notebook paper
- 2" and 3" three-ringed binders, subject dividers and color pocket folders
- 8-packs of washable markers and thin washable markers
- 24-packs of crayons, packs of #2 pencils and packs of colored pencils
- Red pens and yellow highlighters
- Pink erasers and pencil cap erasers
- Pencil boxes, pencil pouches, glue sticks and children's scissors
- Zip-lock bags, boxes of tissues and hand sanitizers
- Backpacks (without wheels)

All school supplies must be dropped off by Friday, August 16, 2024. Thank you for your participation in this event!

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## ART WORKS



During the months of July, August and September, this class will cover the basics of oil painting. Topics include techniques, color mixing, values, perspective, blending colors and more! The classes are open to all levels of talent. Beginners are welcome! The cost to attend is \$25 per month per person, and all supplies are included.

**Payment is due upon in-person registration and is non-refundable. Each class is limited to 10 participants.**

**Classes will be held from 12:30 p.m. to to 3 p.m. each Wednesday or Thursday in July, August and September as follows:**

- July Classes: July 10 & 11; July 17 & 18; July 24 & 25; and July 31 & August 1.
- August Classes: August 7 & 8; August 14 & 15; August 21 & 22; and August 28 & 29.
- September Classes: September 4 & 5; September 11 & 12; September 18 & 19; and September 25 & 26.

Please call the VTCC at 252-475-9270 to reserve your spot today! If spaces are filled, you will be put on a waiting list. Please make checks payable to Robert Daniels.



# FAMILY FUN NIGHTS



**Thursday, July 11, 2024 and Thursday, August 8, 2024 from 6 p.m. to 9 p.m. at College of The Albemarle's Dare Campus (205 Highway 64, Manteo, NC 27954)**

Join in the good times at the upcoming free Family Fun Nights at College of The Albemarle's Dare County Campus (205 Highway 64, Manteo, NC 27954) from 6 p.m. to 9 p.m. These fantastic fun nights will occur on Thursday, July 11, 2024 and Thursday, August 8, 2024. There will be face painting, a bouncy house, scavenger hunt, giant slide, music, crafts, yummy food and so much more! Popcorn, juice boxes, lemonade, water, ice cream and snacks will be provided. For more information, please call the Virginia S. Tillett Community Center at 252-475-9270.

# GRIEF SUPPORT GROUP



**Wednesdays at 6 p.m. at the VTCC: July 24, August 21, September 18, 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: July 24, August 21, September 18, 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 Baum Senior Center in Kill Devil Hills at 5:30 p.m. the following Wednesdays in 2024: July 10, August 7, September 4, 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



**Tuesday, August 6, 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 Tuesday, August 6, 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.





# VTCC MOVIE DAY:

## “GRUMPY OLD MEN”

**Monday, July 29, 2024 at 10 a.m. at the VTCC**

Join us for a free showing of “Grumpy Old Men” which is rated PG-13 with a run time of 1 hour and 44 minutes.

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

Storyline: A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street. Credit: IMDb, 2024.



# MEDICARE 101 SESSIONS



Individuals who are new to Medicare should be as prepared as possible. Join Kat and Sandy at the Virginia S. Tillett Community Center (VTCC) to discuss Medicare and to get answers to your Medicare-related questions in this open forum.

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

Tuesday, August 6, 2024 at 10 a.m.

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

Thursday, November 14, 2024 at 10 a.m.

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

Wednesday, July 17, 2024 from 1 p.m. to 2:30 p.m.

Wednesday, September 18, 2024 from 1 p.m. to 2:30 p.m.

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

There is no cost for attending these sessions. Please select a date and location from the list above and call to reserve your seat. The VTCC can be reached at 252-475-9270, and the Thomas A. Baum Senior Center can be reached at 252-475-5635.

# 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](http://www.DareNC.gov/SpecialNeeds) to learn more 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)

GEM (Gentle Expert Memorycare) Harmony Cafe meets at the Virginia S. Tillett Community Center from September to May. Additional meeting dates and locations vary across Dare County. Please call Gail Sonnesso at the number below for more information.

GEM's Harmony Cafe and the 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](mailto: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.

# CAREGIVER'S SUPPORT GROUP



**Thursday, July 11, 2024 from 2 p.m. to 3 p.m.**

The VTCC Caregiver's 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 July 11, 2024 due to the Independence Day holiday. These meetings focus on offering emotional support and sharing experiences, and they also provide education from expert speakers on 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 252-475-9270.

# CAREGIVER'S DAY OUT



**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? If so, the Outer Banks Dementia Friendly Coalition and the Dare County Department of Health & Human Services has a service that can help.

Caregiver's Day Out offers hands-on activities for seniors with dementia using a unique combination of themes, music, games, exercises and snacks. Additionally, it offers primary caregivers support by providing 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 Department Youth Center in Kill Devil Hills (602 Mustian Street) and 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 [obxdfc@gmail.com](mailto:obxdfc@gmail.com).

# VTCC VOLUNTEERS OF THE MONTH:

## July 2024: Sprague and Stacey Cheshire

The Virginia S. Tillett Community Center's Volunteers of the Month for July 2024 are Sprague and Stacey Cheshire! Sprague and Stacey are the dynamic duo of homebound meal delivery! Participants look forward to seeing them every week, and so do we! The Cheshires have become an important part of the VTCC family.



Thank you 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
- 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

## VASCULAR SCREENINGS



**Dare to C.A.R.E. is offering 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](http://www.HeartHealthFoundation.org).

# 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](http://www.DareNC.gov/SeniorMeals).

## TECH TALK WITH KAT



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

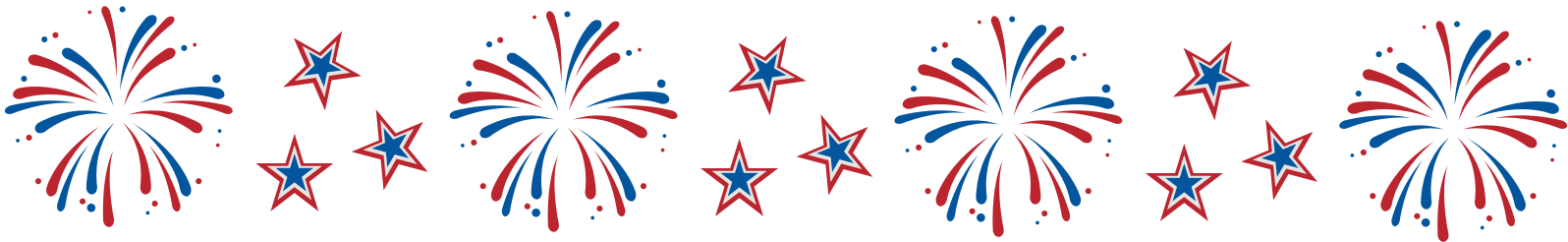
If you find that you need basic help with the smart things on your car, cell phone, tablet or laptop, please call 252-475-9273 to make an appointment with Kat Irby for assistance.

## REENTRY PERMITS OBTAIN YOUR 2024 REENTRY PERMIT:



In order to enter Dare County following a mandatory evacuation that has been issued to ensure public safety, individuals must present a current reentry permit\* (along with a valid corresponding ID) and follow a staged reentry process. For more detailed information—and to obtain your 2024 reentry permit—please visit [www.DareNC.gov/Reentry](http://www.DareNC.gov/Reentry).

\*Please note that expired reentry permits from previous years will not be accepted. No one will be denied entry with proper identification. All Dare County residents are welcome to apply for a reentry permit; however, a valid ID that contains a Dare County address is sufficient on its own for local residents, and a reentry permit is not necessary for these individuals to obtain.



# “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 and 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 in 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.

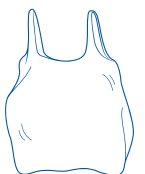
## CELL PHONES FOR SOLDIERS



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](http://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 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 good 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.

# LOOK GOOD, FEEL BETTER

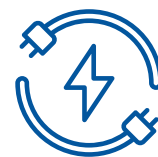


Does cancer treatment have you feeling sluggish and looking a little bit less like yourself? Now offered virtually, Outer Banks Hospital Cancer Services has partnered with the Look Good, Feel Better Foundation, the Professional Beauty Association, and community cosmetologists and estheticians to provide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

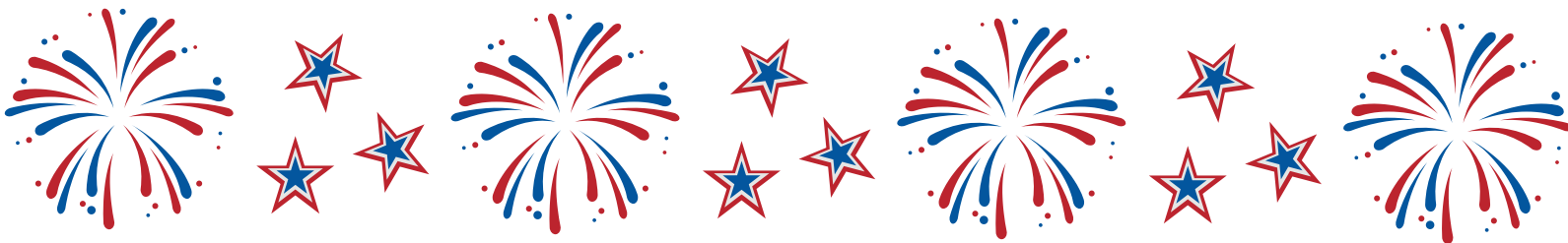
## ENERGY & WEATHERIZATION ASSISTANCE



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 call 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.





# SEASONAL INFORMATION

## What You Should Do Before Hurricane Season:

### 1. Know Your Flood Zone

Find out if your home is subject to flooding. It is important to know if your property is located in a flood zone and what steps you can take to prepare your property and reduce the risk of flood damages occurring.

Please contact the [Dare County Planning Department](#) to determine your home's flood zone and visit [OBXFloodMaps.com](#) to find more information about flood risks in your area.

### 2. Insure Your Home

Whether you rent or own your home, it's important to make sure that both your home and all of your personal belongings are properly insured in case flooding or wind/hail damage occurs. If you rent, be sure to have a renter's insurance policy in place. A landlord's insurance policy covers the structure but not your personal belongings or the cost of staying elsewhere should your residence become uninhabitable.

Remember also that it typically takes 30 days for wind/hail and flood damage policies to take effect, so be sure you have a policy in place well in advance of any potential storm or weather system that occurs. For more information about flood insurance, visit [FloodSmart.gov](#).

### 3. Back Up Important Files & Create a Home Inventory

Take photos or make a video of the contents of your home, and create an itemized inventory of your belongings that you can email to yourself and other family members. Having your home inventory readily available to send to your insurance company with digital time stamps will help expedite your claim and ensure you are compensated for items that are damaged or destroyed.

File your most important documents away digitally by scanning them to your computer or taking photos to store on your phone. Make an extra copy of your important documents, such as insurance policies and medical records and take them with you if you need to evacuate your home. It's also a good idea to have digital copies of these documents readily available on your phone, computer or in your email account.

Don't forget to update your important documents and home inventory each year at the start of hurricane season, which begins on Saturday, June 1, 2024!

### 4. Make an Evacuation Plan

Determine which evacuation route you will take to leave Dare County if an evacuation order is issued, as well as what vehicles you will use to evacuate and where you will stay until it's safe to return. Learn more about evacuation routes at [www.DareNC.gov/Evacuation](#).

Designate a family member or friend outside the area as the contact person for everyone to check in with for updates on other family members. Don't forget to also include your pets in your evacuation plan to ensure they will be somewhere safe if a storm strikes your area.

## **5. Create an Emergency Supply Kit**

One of the most important things you can do to prepare for hurricane season is create an emergency supply kit. It's best to build your kit well before any storms are forecast to affect the area so you can ensure you have access to all of the supplies you'll need.

Your emergency supply kit should contain water (1 gallon per person, per day for at least three days), nonperishable food (a three-day supply per person), a flashlight, a portable radio, extra batteries, a fully charged power bank for cell phones, a first aid kit, medications, infant/pet supplies (if needed), blankets, contact information for friends and relatives, and important documents. For more information about evacuation plans, emergency supply kits and preparations you can make to your home, visit [ReadyNC.org](https://www.readync.org).

## **6. Obtain Your 2024 Reentry Permit**

In order to reenter Dare County during the staged reentry process that follows an evacuation, individuals must possess and display a current and valid reentry permit. Reentry permits from previous years will not be accepted. While permanent Dare County residents will be allowed to reenter the county with a valid North Carolina driver's license or government-issued identification card with a Dare County address, displaying a valid reentry permit can help expedite movement through traffic control points. Dare County Emergency Management encourages residents, non-resident property owners and business owners/managers to apply for a 2024 reentry permit by visiting [DareNC.gov/Reentry](https://www.darenc.gov/Reentry).

## **7. Sign Up for Emergency Alerts**

All Dare County residents, visitors and property owners should sign up to receive emergency alerts—including severe weather watches and warnings, public safety and emergency-related warnings, countywide evacuation orders and other time-critical notifications—at [OBXAlerts.com](https://www.obxalerts.com).

## **8. Pet Safety**

If you have pets, keeping them safe and sound during a storm, flood or other type of weather event is very important, so pre-storm planning for your pets should be taken seriously. The Dare County Emergency Management webpage ([www.DareNC.gov/EM](https://www.darenc.gov/EM)) has a lot of valuable information on how to prepare your pets. Find additional information at [www.Ready.gov/Pets](https://www.readygov.com/Pets).

## **9. Dwelling Preparations**

Be sure to clean out your rain gutters on a regular basis, keep trees and shrubs trimmed, and remove all dead branches. Even if you have taken steps to protect your property from flooding, flood insurance is still needed to protect your investment. Remember that homeowner's policies do not cover flood damages, so a separate flood insurance policy is needed. Please note that there is typically a 30-day waiting period before new flood insurance policies become effective, so you'll need to have one in place well ahead of a storm or flood that affects your area.

## **10. Seasonal Workers**

International workers in Dare County should also be aware of what to do if hazardous weather occurs during their stay on the Outer Banks. Discuss a response plan with your employer and know what to do and where to go if an evacuation is ordered. Learn more about hurricane preparedness at [www.darenc.gov/departments/emergency-management/hurricane-preparedness](https://www.darenc.gov/departments/emergency-management/hurricane-preparedness)

# 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 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.

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## 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:
  - NCDAAS
  - 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





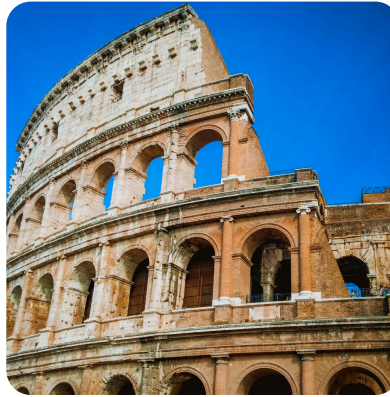
# 2024 OVERNIGHT TRIPS

## West Virginia Train Adventure



July 16-19, 2024  
\$899 per person,  
double occupancy

## Ancient Cities & Holy Land Cruise



September 1-16, 2024  
\$4,949 to \$5,749 per person,  
double occupancy

## Fabulous Vacation to New Hampshire



September 22-27, 2024  
\$1,099 per person,  
double occupancy

## Holiday Festival of Lights in Historic Charleston, S.C.



Dec. 4-6, 2024  
\$499 per person,  
double occupancy

## 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

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





# 2025 OVERNIGHT TRIPS

## New Orleans & Caribbean Cruise



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

## Eastern Caribbean Cruise



Feb. 16-24, 2025  
\$1,499 pp. inside cabin,  
\$1,600 pp. balcony cabin  
double occupancy

## Spain



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

## Savannah, Georgia



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

## Black Hills South Dakota/ Mount Rushmore



Sept. 8-12, 2025  
\$2,999 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  
\$869 per person,  
double occupancy

**To register, or for more information (including single rates),  
please call 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](http://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**

**TBA**

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

## **Criminal Record Expunction and Education Listen & Learn**

**Tuesday, July 2, 2024 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**

**Thursday, August 1, 2024 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**

**TBA**

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**

**TBA**

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**

**TBA**

Are you enrolled in Medicaid? If so, chances are you've been enrolled into something called a "Prepaid Health Plan." Come 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, July 25, 2024 at 2:30 p.m.**

The extra food stamp (FNS/SNAP) payments, officially called Emergency Allotments, ended after February 2023. Attend our free food stamps (SNAP/FNS) clinic to 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 discover where you can find help in your community.

## **Health Care Power of Attorney & Living Wills Listen & Learn**

**Tuesday, July 23, 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](http://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](http://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](http://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/](http://www.albemarlecommission.org/aging/)
- Email: [lalvarico@accog.org](mailto: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](http://eldercare.acl.gov))

# 4TH OF JULY TACO DIP

## **Ingredients:**

- 1 can (16 oz.) traditional refried beans
- 1 container (16 oz.) guacamole
- 1 jar (16 oz.) chunky salsa
- ½ cup black beans, rinsed and drained
- 1 cup Monterey Jack cheese, shredded
- 1 cup cherry tomatoes, halved



## **Directions:**

Step 1: In a 9 x 12 inch serving dish, spread the refried beans in a single layer.

Step 2: Spread the guacamole over the beans, then spread the salsa over the top.

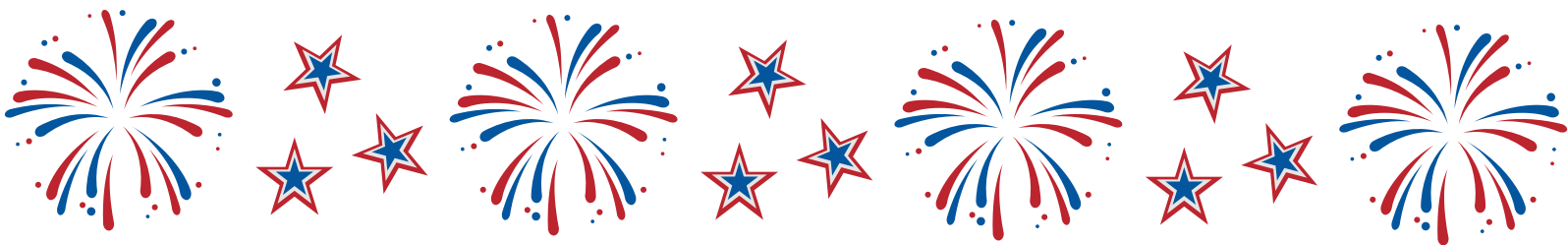
Step 3: Place the black beans in the top left corner of the salsa shaped into a square. Place the cheese in a straight line at the top of the pan. Then, underneath the line of cheese, place the tomatoes in a straight line. Alternate this process until the whole pan is covered.

Step 4: Refrigerate for 1-2 hours.

Step 5: Serve with tortilla chips.

Step 6: Refrigerate leftovers.

**Recipe courtesy of [www.kroger.com](http://www.kroger.com)**



# 4th OF JULY WORD SEARCH

- ADAMS
- AMERICA
- BOSTON
- BRITAIN
- CELEBRATE
- COLONIES
- CONGRESS
- CONSTITUTION
- DECLARATION
- DOCUMENT
- FIREWORKS
- FLAG
- FOURTH
- FRANKLIN
- FREEDOM
- HANCOCK
- HOLIDAY
- INDEPENDENCE
- JEFFERSON
- JULY
- LIBERTY
- PARADE
- PATRIOT
- PHILADELPHIA
- PICNIC
- REVOLUTION
- SALUTE
- SIGN
- SPEECHES
- STARS
- STRIPES
- SUMMER
- TEA
- WASHINGTON

P W K D C S Y A P K N T N I A T I R B S  
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TILLET CENTER'S 2024

# Bottles of Dimes Drive

To help raise funds for the 12 Days of Christmas program that provides Christmas to seniors in our community.

Completely fill your empty 16 ounce water bottles and turn them in by:

**Final Collection Date:**

**September 30th**

**Drop-off Location:**

Virginia S. Tillett Community Center  
950 Marshall C. Collins Drive,  
Manteo.

Donations can be dropped off  
between 9:00 a.m. -4:00 p.m.

**QUESTIONS?** Please call

Kat at: **252-475-9270**

Thank you for  
supporting us with your  
donation!

