

From shopping to hockey, seniors do it all

BY CONNIE PARKER
Activities Director

Weekly activities scheduled for the month of January by the Chowan Senior Center in Edenton include:

- Senior Crafts - Our craft room is open from 8 a.m. until 4 p.m., Monday through Thursday. Samples of workshops available at center.
- Ceramics Class - On three consecutive Thursdays, Jan. 13, 20, 27, we will leave the Senior Center at 1 p.m., go to the ceramic shop by van and make the ceramic item of your choice. Price depends on your choice.
- Fitness Room - Our fitness room is open from 8 a.m. until 4 p.m., Monday through Thursday, and until 2 p.m. on Fridays.
- Bingo - Every Tuesday at the Senior Center we play Bingo from 1 p.m. until 2:30 p.m. Come join us.
- Senior Aerobics - Every Tues-

day and Thursday at the Senior Center we have a 30-minute, low impact aerobics class designed for seniors at 10:15 a.m. Come join the fun.

• Senior Bowling - We will leave the Senior Center at 9:30 a.m. on Jan. 10 and Jan. 24 and go bowling. We will return by 12:30 p.m. Cost is \$1.35.

• Senior Sports - Every Tuesday we will have various games set up at the Recreation Department, starting at 10:45 a.m.

• Aqua Aerobics/Fun Swim - We will leave the Senior Center at 8 a.m., go to Elizabeth City State University for 9 a.m. class and return by 11:15 a.m. No class planned for Jan. 5 or Jan. 27. Please note of our new time for departure: 8 a.m.

• Tai Chi Class - On Thursday, at 1 p.m., we will have a Tai Chi class. We will not have a class on Jan. 27.

• Birthday Celebration - Come help us celebrate Jan. 5, starting at 12:15 p.m. Admission is free.

January Special Trips and Activities

• Cruise Party - For those going on the Jan. 24 cruise. We will have a social at 1 p.m. on Jan. 5 to hand-out your final itinerary and documents for this trip, and answer any questions you might have. If you are unable to come, call and we will hold your packet at the center.

• Riverdance - Trip is filled. For those who have sign up, we will leave the Senior Center at 3:30 p.m., stop at MacArthur Mall for dinner/shopping "on your own" until 7:30 p.m. and then go to Chrysler Hall for 8 p.m. performance and return to Edenton.

• Shopping Trip - On Jan. 14 we will leave the Senior Center at 8:30 a.m. go to Chesapeake Square for lunch and shopping "on your own" and return by 4 p.m. Cost is \$5 and deadline is Jan. 6.

• Covered Dish Luncheon - On Jan. 18 at noon we will have a luncheon at the Senior Center. Bring a vegetable or dessert and we will provide the chicken. Cost is \$1.50. Deadline is Jan. 14.

• Play and Lunch - On Jan. 19 we will leave the Senior Center at 7:45 a.m., attend 10 a.m. performance of "1776" at Virginia Musical Theatre in the Virginia Beach Pavilion. We will then stop by Greenbrier Mall for lunch/shopping "on your own" and return around 4 p.m.

The musical "1776" brings to life the Continental Congress and allows an entertaining glimpse of our Founding Fathers. A jubilant renewal of patriotism that really rings the bell. Cost is \$20 and deadline is Jan. 6.

• Hockey Game and Dinner - On Jan. 28 we will leave the Senior Center at 3:30 p.m., go to Spaghetti Warehouse for dutch treat dinner and then attend 7:30 p.m. game between the Admirals and the Trenton Titans. Cost is \$12 and deadline is Jan. 14.

And Keep in Mind

• Bermuda Trip Deadline Extended - We have space for 12 more people. Price of \$1,525 per person includes: USAir round-trip flight, transfers to and from Norfolk airport, transfers to and from Bermuda airport and hotel, five nights at Sonesta Beach Resort, five full breakfasts at hotel, five dinners at any of hotel restaurants, all taxes, gratuities, and group Bermuda tour.

The Sonesta is a luxury resort on 25 acres on the ocean. They have a solar dome pool, fully equipped European health spa, three private beaches, and a property shuttle bus. They also have a shopping gallery, and beauty salon. They offer tennis, golf, bicycle and scooter rentals, fishing trips, sightseeing trips, etc.

Deadline to pay deposit of \$525 is Jan. 14.

• Glenn Miller Orchestra and Dinner - Feb. 17. We will leave the Senior Center at 4:30 p.m., go to Tony's Italian Restaurant for dutch treat dinner and attend 7:30 p.m. performance at COA. Cost is \$25 and deadline is Jan. 20.

• Woman's Show and Lunch - Feb. 18. We will leave the Senior Center at 8 a.m., attend annual Woman's Show at Virginia Beach Pavilion and stop at Greenbrier Mall for lunch and shopping "on your own." We will return by 4 p.m. Cost is \$8 and deadline is Feb. 3.

• Sunset Boulevard at Chrysler Hall - Feb. 23. We will leave the Senior Center at 4 p.m., have dutch treat dinner at Freemason Abby, see 8 p.m. performance and return. Cost is \$48 and deadline is Jan. 20.

Hot meals are now available for seniors

Meals scheduled to be served the week of Jan. 10-14 at the Chowan Senior Center in Edenton include:

Monday: Swedish meatballs, California mixed vegetables, fruit cocktail, white rice, wheat bread, gravy, blueberry muffins, milk.

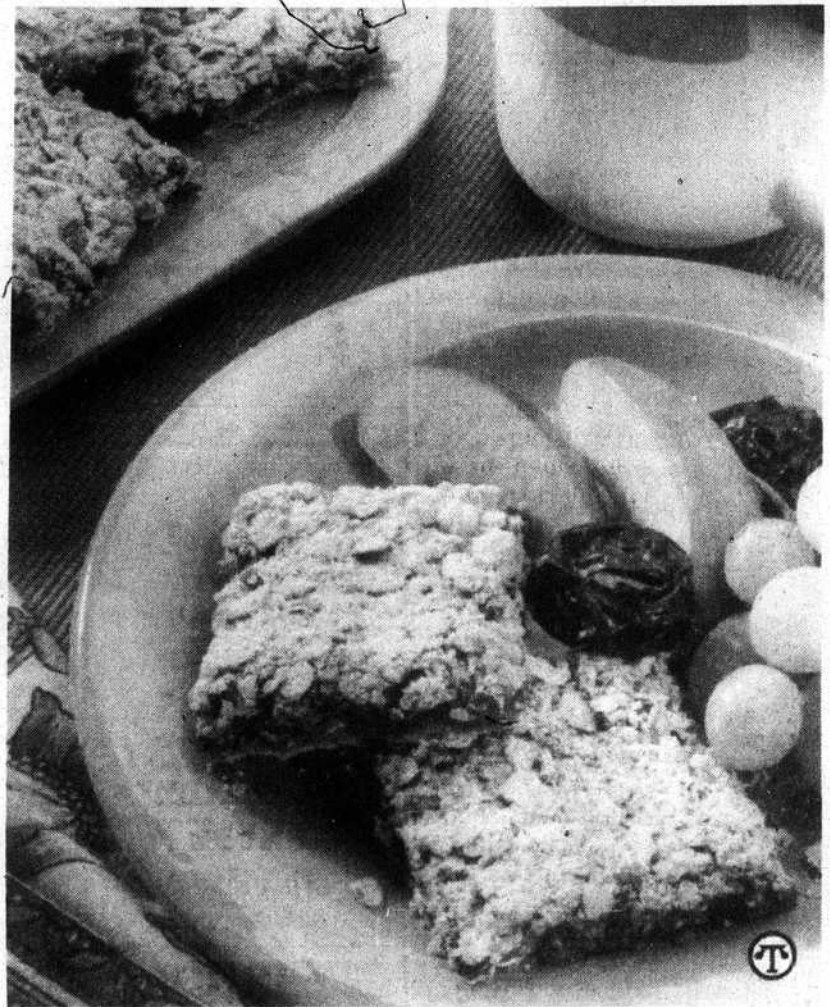
Tuesday: Chicken noodle soup, whole pimento sandwiches, low-salt crackers, cookies, fresh fruit, milk.

Wednesday: Salisbury steak with gravy, snap beans, mashed potatoes, dinner rolls, margarine, strawberry gelatin, milk.

Thursday: Oven fried chicken, green lima beans, macaroni salad, rolls, margarine, cookies, milk.

Friday: Cheeseburgers, baked beans, coleslaw, ketchup and mustard, apple turnovers, orange juice, milk.

Cooking Corner Tips To Help You



Powerhouse Prune Bars are a healthy way to snack

If you're trying to eat healthy foods but you love to snack, you

know how hard it is to keep your body fueled with healthy foods. So why not try a new, nutritious snack that's really easy to make?

Powerhouse Prune Bars are a delicious treat that requires a minimum of effort to make.

You'll be glad to know that California prunes contain all the nutrients you want, and nothing you don't. They're loaded with nutrients like vitamins A and C, potassium, magnesium, iron and fiber, and they have no fat, sodium or cholesterol.

An added bonus: in a recent study released by Tufts University in Boston, prunes topped the list of commonly eaten fruits and vegetables for having the highest antioxidant level activity. Antioxidants are compounds that neutralize the damaging effects of oxidation, which may play a role in age-related diseases such as heart and lung diseases, some cancers, and cataract formation.

Powerhouse Prune Bars are an excellent choice anytime you're craving a snack.

Powerhouse Prune Bars

- 1 1/2 cups (about 8 ounces) coarsely chopped prunes
- 1/3 cup apricot jam
- No-stick cooking spray
- 2 cups rolled oats (old fashioned or quick, uncooked)
- 3/4 cup packed brown sugar
- 1/2 cup all-purpose flour
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 egg
- 1 1/2 tablespoons melted butter or oil

Powdered sugar (optional)
To make filling, in medium bowl, combine prunes and apricot jam; set aside. Lightly spray 8-inch square baking pan with no-stick cooking spray. In large bowl, combine oats, sugar, flour, cinnamon, salt and soda; mix well. Lightly beat together egg and melted butter; add to oats mixture, mixing until crumbly.

Press 2 cups of mixture into bottom of prepared pan. Spread prune mixture over oats. Sprinkle remaining oat mixture over top. Bake in 350°F oven 18 to 22 minutes or until deep golden brown. Cool in pan on wire rack. Sprinkle with powdered sugar, if desired; cut into 16 bars.

Makes 16 servings
Nutrition Information Per Serving (1 bar): 200 calories; 3 g fat; 15 mg cholesterol; 135 mg sodium; 39 g carbohydrate; 3 g fiber; 4 g protein

NEW YEAR'S AUCTION

Estate of F. V. Root Living & Dorothy Belnay Deceased Plus Other Consignments
Saturday, Jan. 8, 2000 - 3:00 p.m.

WINSLOW AUCTIONS, INC., — 618 Yeopim Road, Edenton, NC; From Edenton take 32 South approx. 3 miles to Yeopim Road. WATCH FOR AUCTION SIGN.

- PARTIAL LISTING**
- Ethan Allen Q.A. Dining Table
 - Ethan Allen China Cabinet
 - w/Bubble Glass
 - 7-Hitchcock Chairs
 - Hitchcock Server
 - Victorian Sofa
 - Victorian Walnut Dry Sink
 - Cherry Tea Table
 - Walnut Washstand
 - Pine Washstand
 - Mahg. Dining Table w/6 Chairs
 - Mahg. Corner Cabinet
 - Hitchcock Bench
 - Small Mahg. Chest
 - Technics Electric Organ
 - Mahg. Desk w/Leather Top
 - Mahg. Server
 - 6-Matching Mahg. Chairs
 - Old Blanket Box
 - Oak Sewing Machine
 - Wooden Dressing Screen
 - Fern Stand • Old Quilt
 - Old Pegged Table (Small)
 - Maple Dresser
 - Odd Chests, Odd Beds, Odd Chairs
 - Rockers (Oak Mahg., etc)
 - Small Tables
 - 1-Lot Glassware - Crystal
 - Figurines, China (3 sets Blue Danube, Letton, Royal Worcester)
 - 1-lot Sterling Silver Flatware (Nortume-Service For 8 w/Serving Pieces)
 - Chantilly-Service For 8 w/Serving Pieces)
 - Odd Pieces of Sterling and Silverplate Flatware
 - Pictures • Lamps
 - Old Coke Drink Box

— MANY OTHER ITEMS TOO NUMEROUS TO MENTION —

TERMS: Cash or Good Checks • 10% Buyers Premium • Not Responsible for Accidents
All Items Sold As Is Where Is • Bring Own Chair

OPEN FOR PREVIEW 12:00 NOON DAY OF AUCTION

WINSLOW AUCTIONS INC.

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