

# Camden Senior Happenings

*"Celebrating Life"*

*December 2016*



## Upcoming Trips

Eastern Caribbean Cruise  
Jan.28- Feb.4, 2017

New York City  
April 23- April 26, 2017

Las Vegas, Grand Canyon  
Sept. 8- Sept. 14, 2017

Historic Charleston  
Dec. 4- Dec. 6, 2017

December 2016  
Volume 7, Issue 12

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Jasmine Wilson, Interim Director  
Dorothy Nichols, Nutrition  
Wanda Daniels, Sr. Ctr.  
Administration  
252-335-2569  
PO BOX 54  
Camden NC 27921  
Hours Mon-Fri 8 am-5 pm

## Business Club Thanksgiving Luncheon



*Happy Thanksgiving!  
To You And Your Family*



## Did you know that your Senior Center offers?

- Health Screenings (Blood Pressure Checks)
- Fitness and Health ( Exercise Room & Group Exercise)
- Insurance Counseling (Medicare A, B, C, and D)
- Tax Preparation and Counseling ( During tax season)
- Legal Services (NC Legal Aid & Camden County Clerk of Court)
- General Transportation (ICPTA)
- Medical Transportation (Senior Center Staff)
- Caregiver Support System (resource medium for caregivers)
- Home Repair & Modification (EIC & Camden County Planning Dept.)
- Medicaid Benefits (application assistance & Co-located with DSS)
- Social Security Benefits (application assistance)
- Job Placement (resume and application assistance)
- Congregate Meals (Monday-Friday 12pm)
- Home Delivered Meals (Homebound seniors of Camden County)
- Adult Day Care (Referral to Day Break)
- Mental Health (Referral to Trillium)
- Disaster Preparedness/ training (Christy Saunders Emergency Management/trained staff)
- Durable Medical Equipment (available for rental at center)
- Long Term Care facilities/AAA Ombudsmen (2 staff members on CAC board)
- Report suspected abuse, neglect, exploitation ( mandated reporters/ Co-located with DSS)
- Senior Games (house application & application assistance)
- Energy Assistance (Fan program & DSS)
- Food Distribution (Food pantry application assistance and commodities pick-up)

## Are You in Need of Durable Medical Equipment?

These are the available rentals

Wheelchair  
Walkers  
Potty Chairs  
Shower Chair  
We also have adult diapers

If you would like to donate durable medical equipment that is not being used bring the equipment to the senior center.

## Special Dates to Remember

### In December

24- Christmas Eve

25- Christmas

**WE ARE GROWING:**

**SINCE Jan 1, 2016**

**We have had 31 new people sign up for nutrition and/or exercise!!**

**THANKS**

We are on the Web

[www.camdencountync.gov](http://www.camdencountync.gov)



## Regular Events

Spiritual Enrichment  
EMS Blood Checks  
BINGO  
Health Seminars  
Birthday Celebration  
Wal-Mart  
Arts & Crafts  
Garden Club  
Hospitality Club  
Wii Play  
World Class Walkers  
UNO/ Tutorial  
Bowling  
Trip to Camden Library  
Tea Time Discussion  
Lunch on the Town



## Our Lunch Program

The Camden County Senior Center serves hot catered lunches to seniors 60 and older at 12 noon, five days a week. These meals are well balanced state approved meals. Seniors must sign up with the senior center and request a lunch 24 hours in advance if they plan to eat.



## Our Exercise Program

The Camden County Senior Center has great exercise equipment that varies from treadmills, exercise bikes, and to elliptical machines.

Participants must be 55 and older to workout and must sign a liability and health form before working out.



## Calling All Volunteers

Volunteer Opportunities

Meals on Wheels Deliverer  
Arts & Crafts  
Exercise Instructor  
Ceramics Instructor  
Wood Crafts Instructor  
Bible Study Spiritual Leader  
BINGO Caller  
Gardener  
Seamstress/Knitter/Crochet

Any type of Special Talent we are **LOOKING** for you!

*Our mission is to serve the senior citizens of Camden County. To strive to educate, inform and draw awareness to issues that challenge our senior citizens on a daily basis. Our mission is to create a friendly atmosphere to ensure a comfortable environment, in which our seniors can thrive in.*

*Our mission is to enhance socialization, condemn isolation, and promote activity and enjoyment.*

*Our mission is to help our senior's lead productive lifestyles and introduce them to new aspects of life. Our mission is to promote a, "Celebrating Life" lifestyle that ensures that seniors recognize that age does not define them as people.*

*Our mission is ultimately to ensure that our senior citizens are protected, maintaining a healthy diet and leading productive lifestyles.*

**Have you booked your appointment.....  
It's not too LATE!**



Open Enrollment for Medicare Part D  
(Prescription drug plan)

**Dec 7 is the LAST DAY!!**

If you are a Medicare Beneficiary, each year your Medicare Drug Plan coverage can change.

Please call and set up an appointment to discuss your coverage.

Please make sure to call and schedule an appointment  
252-335-2569 or  
252-338-1919 ext. 248

**Camden Senior Center Staff**

Jasmine Wilson- Interim Director

Dorothy Nichols- Senior Center Assistant

Wanda Daniels- Senior Center Administration

# Camden County Senior Center

Presents:

## 2017 Eastern Caribbean Cruise



*Soak in the sunny, serene rhythms of the Eastern Caribbean's beautiful sun-dappled islands. Sail to some of the region's most storied isles, each ringed by rainbow-hued coral gardens. Dig your feet in silky sand, float in azure seas and let your cares melt away in the Eastern Caribbean.*

Enjoy an 8 Day/ 7 Night Cruise aboard the Carnival "Magic"!

**January 28- February 4, 2017** prices ranging from \$949.00 to \$1319.00 per person based on double occupancy



## New York City

Fabulous Holiday Trip to New York City



Enjoy a 4 Day/ 3 Night with hotel and transportation, 5 meals, Guided NY Tour, Broadway Show, National 9/11 Memorial & Museum, Guided Tour Statue of Liberty & Ellis Island and Shopping!!

**April 23- April 26, 2017** for \$649 per person based on double occupancy (NJ Hotel)

## Las Vegas, Grand Canyon & Sedona

Fabulous 7 Day/ 6 Night Vacation



Round Trip Airfare, Meet & Greet Service in Las Vegas, 3 Night's Manager's Reception, Hotel Accommodation, Train ride and visit to the Grand Canyon, Visit Hoover Dam, Guided tour of Sedona, AZ and explore the quaint town of Scottsdale, AZ!!

**September 8- September 14, 2017** for \$1699 per person based on double occupancy



## Historic Charleston

Fabulous Holiday Festival of Lights Trip to Historic Charleston

Enjoy a 3 Day/ 2 Night with hotel and transportation, 2 dinners, Guided Historic Charleston Tour and Shopping!!

**December 4- December 6, 2017** for \$369 per person based on double occupancy

Call (252) 335-2569 for more information!

\*Paying a deposit secures your seat on the bus\*