

THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME

2

ISSUE



FEBRUARY 2020



Bingo at the Beach!

Thursday, February 6th 2020

Join us at the Ramada Plaza in Kitty Hawk for **BINGO** and a delicious **Breakfast Buffet**. Bus departs Camden Center for Active Adults at **8:15 am sharp**. Cost : **\$3.00** transportation & **\$13.00** for buffet.

Tax Prep with Mike McLain

Mike McLain will be here to help individuals prepare their taxes. Call the Senior Center to schedule your **FREE APPOINTMENT!** We have the following dates in
February, the 10th, 24th, and 28th. Be sure to be on the lookout for more dates in the upcoming months.



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FEBRUARY CRAFT:

**Valentines Candy
Arrangements**

Monday

February 10th

10:00 am–12:00 pm

**\$5.00 Per
Arrangement**



CENTER HEALTH INFORMATION

Camden/Pasquotank EMS Monthly Health Screenings



The Camden/Pasquotank EMS will be offering blood pressure and health screenings the first Wednesday of every month at 11:30 am at the Camden Center for active adults. There is no cost for Camden County Seniors.

Health Education with Penny Marcum

This month we welcome back Penny Marcum, MSN, RN. Mrs. Marcum is employed as a Clinical Nurse Specialist with the Sentara Albemarle Medical Center. She will continue her monthly education series Monday February 3rd at 11:00 am. She will cover Pneumonia. Learn how to recognize symptoms, treatment and prevention.

EXERCISE ROOM HOURS
Monday - Friday 7:00 am - 5:00 pm

CENTER HOURS
Monday - Friday 8:00 am - 5:00 pm

Mailing Address
PO Box 190
Camden, NC 27921

STAFF

Parks & Recreation Director
Timothy C. White
twhite@camdencountync.gov

Center Coordinator
Laura Jolley
ljolley@camdencountync.gov

Nutrition Site Coordinator
Tiffanie Spruill
tspruill@camdencountync.gov

Part-Time Assistant
Robin Allen

FEBRUARY ACTIVITIES



Tuesday February 4th—Valentines Day Cards

We will be making Valentines Day Cards. Give them to those you love and make as many as you'd like. This is a **free** event from 10am-1pm!

Wednesday February 5th—History for Lunch

Join us for the History for Lunch program at the Museum of the Albemarle. This months program will be about the Harlem Renaissance Centennial. 11:30am-1:30pm

Wednesday February 5th—Voter Registration with Elaine Best

Elaine Best will be here from 11—11:30 to get everyone registered to vote!

Thursday February 6th—Bingo at the Beach

Join us for a fun trip to the Ramada Hotel for Bingo at the Beach plus a delicious breakfast buffet. 8am-3pm Cost is \$3.00 for transportation+ \$13.00 for the breakfast buffet.

Monday February 10th—Valentines Day Candy Arrangements

Make a sweet treat to give to your sweet heart. A cup filled with delicious candy bars will be sure to make your Valentine smile. Cost will be **\$5.00 (per arrangement)** and run from 10am-12pm!

Tuesday February 11th—Trip to Rosie's Gaming Emporium

Come test your luck at Rosie's! Make sure to bring some money! 9:00—3:00



Friday February 14th—Valentines Day Card Exchange/Party

Please help us spread the love at our Valentines Day card exchange. We will be offering some sweet treats. Be sure to sign up for lunch! 10am-1pm

Monday February 17th—Lunch and Crafts with 4-H

We are excited to welcome Camden 4-H to our Center for some fun arts and crafts! Come join us and get creative with these little ones. We will be offering a free Pizza lunch in. 10:30—1:30.

Thursday February 20th—Guest Speaker: Herb Mullen

Herb Mullen with Inner-County Public Transportation Authority will be coming to the Senior Center to discuss bus transportation with us. 11am-12pm

Friday February 21st—Wegmans Trip

We will be visiting the supermarket once again. Join us as we explore all that Wegmans has to offer! 9am-2pm Cost \$3 & \$ for lunch.


Friday February 28th—Lunch and Movie at Cinema Café in Edinburgh (multiple movies will be available for viewing)

Cinema Café offers a variety of menu options and is known for their comfortable theater seating. 10:45-3:30pm Cost:\$6.50 +tax/ \$ for lunch.

February 10th, 24th and 28th—Tax Prep with Mike McLain

Tax season is upon us! Let Mike McLain prepare your Taxes. Be sure to schedule an appointment!

ACTIVITIES CALENDER FOR FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Health Education with Penny Marcum 11-12 	4 11:00am Camden Food Pantry Pick up Valentines Day Cards 10-1 	5 Voter Reg. w/ Elaine Best BINGO 12:30-1:30pm 11:00am Fruits & Vegetables available for pick up EMT Health Check History for Lunch 	6 Rummikub with Jeanette @ 10 Bingo at the Beach! BINGO 	7 12:30pm DOUGHNUTS!!!! Celebrations for Birthdays in February 
10 Valentines Day Craft 10:30 am 11:00am Fruits & Vegetables available for pick up Tax prep with Mike McLain 1-5 (by appointment) 	11 Rosie's Gaming Emporium 9-3 Spiritual Enrichment with Pastor Ron Stuart 	12 BINGO 12:30-1:30pm 11:00am Fruits & Vegetables available for pick up 	13 Rummikub with Jeanette @ 10 Corn hole Practice every Thursday @ 12 	14 Valentines Day Card Exchange/Party 
17 Lunch and crafts with 4-H 10:30—1:30 	18 11:00am Camden Food Pantry Pick up Food Bank of the Albemarle Senior Food Box Pick up 	19 BINGO 12:30-1:30pm 11:00am Fruits & Vegetables available for pick up 	20 Rummikub with Jeanette @ 10 Guest Speaker: Herb Mullen, ICPTA 11-12 	21 Wegmans Trip 
24 TAX HELP Tax prep with Mike McLain 1-5 (by appointment) 11:00am Fruits & Vegetables available for pick up 	25 Spiritual Enrichment with Pastor Ron Stuart Mardi Gras Party 	26 BINGO 12:30-1:30pm 11:00am Fruits & Vegetables available for pick up 	27 Rummikub with Jeanette @ 10 Walmart @ 10:30 	28 Movie and Lunch at Edinburgh Cinema Café Tax prep with Mike McLain 1-5 (by appointment) 
	Happy Valentine's Day 			

BINGO

Play every Wednesday at 12:30 pm Free of charge. Good luck!

Spiritual Enrichment with Ron Stuart

Join the Pastor for 30 minutes of Bible Study.

Fruit & Vegetable Pick up

Camden residents are able to pick up fruits and vegetables for FREE!!

Walmart

Come join us for our monthly shopping trip and lunch. Registration required.

Birthday Celebration

Friday February 7th join us for DOUGH-NUTS to celebrate all the individuals born this month! Happy birthday to **Pennie Bailey, Kitty Malakuskie, Rhonda Mathews, Wendy Sainsot, and Sue Powers!**



Food Pantry / Food Bank Pick-up

Seniors that attend the Camden Senior Center can pick up their commodities here at the center at 11:00 am on scheduled food bank & food pantry days. Participants **MUST** be here to pick up food items.

Rummikub & Corn Hole

Join us every Thursday for Rummy Q with Jeanette at 10. We also have corn hole practice every Thursday at 12 for those interested in playing for the Senior Games!

LUNCH MENU FOR FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Stroganoff over Pasta, Green Beans, Applesauce, Cornbread, Pudding & Milk	4 Pork Chop, Collards, Potatoes, Au Gratin, Fruit Crisp, Roll & Milk	5 Meatloaf w/ Red Sauce, Lima Beans, Pineapple Chunks, Brown Rice, Dinner Roll & Milk	6 BBQ Pork Sandwich, Coleslaw, Fresh Fruit, Buttered Potatoes, Graham Crackers & Milk	7 Chicken Salad, Beets, Orange Juice, Pasta Salad, Crackers, Cake & Milk
10 Oven Fried Chicken, Peas, Pineapple Chunks, Bakes Potato, Roll and Milk	11 Spaghetti w/ Meat Sauce, California Blend Veggies, Baked Apples, Garlic Bread, Pudding & Milk	12 Smoked Sausage on Bun, Cabbage, Baked Beans, Brownies & Milk	13 Baked Turkey Breast, Carrots, Cranberry Sauce, Stuffing, Brown Rice, Pudding & Milk	14 Beef Stew w/ Potatoes and Veggies, Garden Salad, Orange Juice, Roll, Fruit Cobbler & Milk
17 Salisbury Steak, Peas, Pineapple Chunks, Mashed Potatoes, Apple Crisp, Bread and Milk	18 Roast Pork w/ Gravy, Stewed Potatoes, Succotash, Cornbread, Fruit, Cookie & Milk	19 Beef Tips w/ Gravy, Spinach, Rice, Peaches, roll & Milk	20 Fish Filet, Broccoli, Strawberries, Potatoes Au Gratin, Roll, Pudding & Milk	21 Cheese Burger, Baked Beans, Cinnamon Apples, Cake & Milk
24 Sausage and Peppers, Carrots, Peach Cobbler, Roll and Milk	25 Baked Ham, California Blend Veggies, Pears, Sweet Potato with Marshmallows, Roll and Milk	26 Chili, Broccoli, Pimento Cheese Sandwich, Jell-O, Orange Juice and Milk.	27 BBQ Chicken, Pease, Cinnamon Apples, Macaroni and Cheese, Cornbread and Milk	28 Roast Beef Sandwich, Salad, Orange, Cookie and Milk
				

Our Lunch Program

The Camden County Senior Center serves hot, catered lunches for seniors 60 and older at 12:00pm Monday - Friday. These 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.

****Donation Based Program****



UPCOMING AAA TRIPS

National Harbor Tour in Washington DC

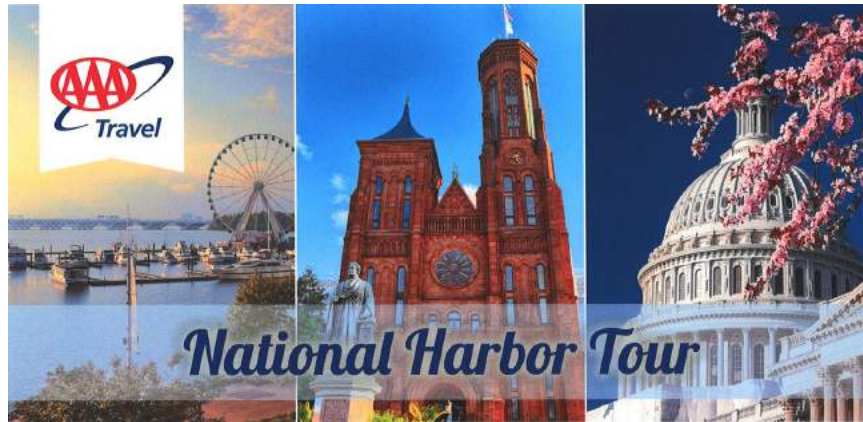
April 19th—April 20th, 2020

AAA 2020 Motor Coach Tours

\$269 per person (2) or \$399 per person (1)

Final Payment is due by February 20, 2020.

If interested, stop by the office to grab an official flyer with more details!

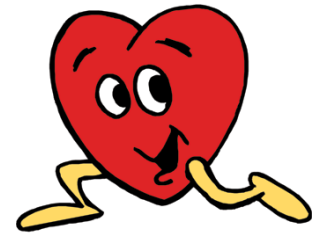


FEBRUARY IS AMERICAN HEART MONTH

Heart disease, sometimes called cardiovascular disease, are different conditions that affect your heart. There are several types of heart disease, some are congenital while others are developed over time. Symptoms of heart disease is determined by the type of disease. Be sure to seek medical attention if you are having chest pain, shortness of breath, and/or fainting. Some lifestyle changes can help prevent heart disease from developing such as quitting smoking, exercising 30 minutes a day, a diet that is low in salt and saturated fat, and reducing and managing stress. For more information be sure to contact the Camden County Center for Active Adults.

Information is provided by: <https://www.mayoclinic.org/diseases-conditions/heart-disease/symptoms-causes/syc-20353118>

Healthy Heart



Healthy You

COMMUNITY INFORMATION

The Albemarle Commission
Area Agency on Aging
36th Annual



Join us for a celebration of the Human Spirit!

OFFICIAL ENTRY PACKET

This program is sanctioned by North Carolina Senior Games, Inc.
NCSG, Inc is sponsored statewide by the N.C. Division of Aging and Adult Services.

March 23-25, 27, 31 April 3, 7, 8, 16, 20, 23, 27 May 5, 6, 13, 19

www.albemarle seniorgames.org or www.facebook.com/albemarle seniorgames

STAY INFORMED: www.camdencountync.gov

Camden County Board of
Commissioner's upcoming
Regular Meetings

Monday, February 3, 2020 @ 7:00 pm

Camden Center for Active Adults Advisory
Board Meeting Tuesday, March 3, 2020
@ 5:15pm

Harmony Café of the Albemarle

Did you know that Camden County was working towards
becoming a "Dementia Friendly" county?

Harmony Café is a Memory Café

Meets 2nd Saturday each month from 11:00 am– 2:00 pm
at McBride United Methodist Church, 228 Old Swamp Road,
South Mills, NC 27976

For more information contact: Joanne Inman (President) ~
757-650-3818 ~ beaglemommy1964@gmail.com

IT'S TIME FOR FUN, FITNESS, AND FELLOWSHIP!



Athletic Events

Badminton
Basketball Shooting
Billiards
Bocce
Bowling
Cornhole
Croquet
Cycling
Discus
Football Throw
Golf
Horseshoes
Pickleball
Running Long Jump
SilverStriders Fun Walk
Shot Put
Shuffleboard
Softball Throw
Standing Long Jump
Swimming
Table Tennis
Tennis
Track

Silver Arts

Cheerleading
Literary Arts
Heritage Arts
Performing Arts
Visual Arts

FOR ADULTS, AGE 50+

APPLICATIONS DUE BY 2/15/20



The Albemarle Senior Games are sponsored
by the Albemarle Commission Area Agency
on Aging and sanctioned by North Carolina
Senior Games, Inc. You don't have to be a
professional athlete, artist or performer to
participate. You just have to be ready, willing
and able to have fun! Those who qualify at
our local game are invited to attend STATE
FINALS in the fall. The dates for 2020
include: March 23-25, 27, 31, April 3, 7, 8,
16, 20, 23, 27, May 5, 6, 13 & 19!

For more information, or to request an
application, contact:
Ashley Lamb
Albemarle Senior Games Coordinator
252-404-7088
alamb@accog.org

REMEMBER: ENTRY DEADLINE IS FEBRUARY 15, 2020!

Senior Center Food Box PICK UP
February 18, 2020



11:00AM-12:00PM Recipients
MUST be present