

# THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME ISSUE

6  8

AUGUST 2024

## ICE CREAM SOCIAL

FRIDAY, AUGUST 9TH  
@ 1:00 PM.

PRE-REGISTRATION IS REQUIRED!

FREE



## CHAIR YOGA By BODY KINECT WELLNESS

Come join us every  
Monday and Wednesday

@ 9:00 AM for  
morning  
yoga!

FREE



## LUNCH BUNCH FROG ISLAND SEAFOOD

WEDNESDAY, AUGUST 28TH  
DEPARTURE TIME @ 11:00 AM.

LIMITED SPOTS AVAILABLE!  
PRE-REGISTRATION IS  
REQUIRED! MUST BRING  
MONEY FOR LUNCH.

## AUGUST COOKOUT

GUEST SPEAKER:  
ASHLEY LAMB ON

RESPECTING CHOICES  
FRIDAY, AUGUST 23RD

@ 11:00 AM

SIGN-UP AND PAYMENT/  
CANCELLATIONS ARE

REQUIRED BY  
FRIDAY, AUGUST 16TH.

COST IS \$5.00.

## Inside This Issue:

|                          |   |
|--------------------------|---|
| SHIP NEWS                | 2 |
| MOVIES                   | 3 |
| ACTIVITIES               | 4 |
| LUNCH MENU               | 5 |
| BIRTHDAYS                | 6 |
| PICKLEBALL/OPERATION FAN | 7 |
| COMMUNITY INFORMATION    | 8 |



**SHIIP**  
SENIORS' HEALTH INSURANCE  
INFORMATION PROGRAM

N.C. Department of Insurance •  
Mike Causey, Commissioner  
855-408-1212 (toll free) • [www.ncdoi.com](http://www.ncdoi.com)

FOR MORE INFORMATION CONTACT:  
CAMDEN CENTER FOR ACTIVE ADULTS  
@ (252) 335-2569

## **AUGUST IS**

### **National Immunization Awareness Month**

**Vaccines are an important step in protecting against serious and sometimes deadly diseases. Even healthy adults can become seriously ill and can pass certain illnesses on to others. Immunizations are especially important for older adults and for adults with chronic conditions such as asthma, COPD, diabetes, or heart disease. Medicare covers a number of vaccines for beneficiaries under Medicare Part B and the Medicare prescription drug plans (Part D).**

**Ask a SHIIP counselor for more information.**

COME JOIN US FRIDAY, AUGUST 2ND  
AND FRIDAY, AUGUST 16TH @ 1:00 PM  
FOR MOVIE AND POPCORN!

August  
2nd



FREE

August  
16th





# ACTIVITIES FOR AUGUST



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| <b>National Senior Citizens Day</b><br><b>Wednesday, August 21st</b>                    |   |  | <b>1</b><br>Meal @ 11:00 AM<br>GAME DAY @ 12:00 PM                            | <b>2</b><br>Meal @ 11:00 AM<br>MOVIE DAY @ 1:00 PM        |
| <b>5</b><br>Meal @ 11:00 AM<br>CHAIR YOGA @ 9:00 AM<br>*1:00 PM LIGHTEN UP WITH EMILY*  | <b>6</b><br>Meal @ 11:00 AM<br>BINGO @ 1:00 PM  | <b>7</b><br>Meal @ 11:00 AM<br>CHAIR YOGA @ 9:00 AM<br>GYM ASST 1:00 PM                            | <b>8</b><br>Meal @ 11:00 AM<br>COOKING DEMO @ 10:15 AM<br>GAME DAY @ 12:00 PM | <b>9</b><br>Meal @ 11:00 AM<br>ICE CREAM SOCIAL @ 1:00 PM |
| <b>12</b><br>Meal @ 11:00 AM<br>CHAIR YOGA @ 9:00 AM<br>*1:00 PM LIGHTEN UP WITH EMILY* | <b>13</b><br>Meal @ 11:00 AM<br>BINGO @ 1:00 PM | <b>14</b><br>Meal @ 11:00 AM<br>CHAIR YOGA @ 9:00 AM<br>GYM ASST 1:00 PM                           | <b>15</b><br>Meal @ 11:00 AM<br>GAME DAY @ 12:00 PM                           | <b>16</b><br>Meal @ 11:00 AM<br>MOVIE DAY @ 1:00 PM       |
| <b>19</b><br>Meal @ 11:00 AM<br>*1:00 PM LIGHTEN UP WITH EMILY*                         | <b>20</b><br>Meal @ 11:00 AM<br>BINGO @ 1:00 PM | <b>21</b><br>Meal @ 11:00 AM<br>CHAIR YOGA @ 9:00 AM<br>GYM ASST 1:00 PM                           | <b>22</b><br>Meal @ 11:00 AM<br>GAME DAY @ 12:00 PM                           | <b>23</b><br>COOKOUT @ 11:00 AM<br>                       |
| <b>26</b><br>Meal @ 11:00 AM<br>CHAIR YOGA @ 9:00 AM<br>*1:00 PM LIGHTEN UP WITH EMILY* | <b>27</b><br>Meal @ 11:00 AM<br>BINGO @ 1:00 PM | <b>28</b><br>Meal @ 11:00 AM<br>CHAIR YOGA @ 9:00 AM<br>Lunch Bunch @ 11:00 AM<br>GYM ASST 1:00 PM | <b>29</b><br>Meal @ 11:00 AM<br>GAME DAY @ 12:00 PM                           | <b>30</b><br>Meal @ 11:00 AM                              |



Senior Congregate Meals: Monday thru Friday Dine-In Only At 11:00 AM



Fruits & Vegetables: Monday and Wednesday 11:30 AM-12:30 PM \*When Available\*



Bread: \*When Available\*



Bingo: Tuesday 1:00 PM-2:00 PM



Chair Yoga: Mondays and Wednesdays @ 9:00 AM

\*Lighten up with Emily Howington Mondays 1:00 PM\*



Computers: Available 8:00 AM-4:30 PM



Exercise Room: Available 7:00 AM-4:30 PM

\*GYM assistance for equipment 1:00 PM every Wednesday\*

\*Times/Activities are Subject to Change!\*

Please call the Camden Center for Active Adults at (252) 335-2569.



# LUNCH MENU FOR AUGUST



| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
|                  |    |    | <b>1</b><br>Lasagna w/Ground Beef, California Blend, Corn, Garlic Bread, Juice and Milk   | <b>2</b><br>Chicken Salad, Pickled Beets, Pasta Salad, Crackers, Cake, Juice and Milk             |
| <b>5</b><br>Sliced Ham, Cabbage, Red Potatoes, Cake, Cornbread, Juice and Milk                    | <b>6</b><br>Oven Fried Chicken Breast, Broccoli, Buttered Potato w/Sour Cream, Pears, Roll, Cookies and Milk  | <b>7</b><br>Minced BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Fruit, and Milk   | <br><b>8</b><br>Turkey Club Sub, Broccoli Salad, Pineapple, Graham Crackers and Milk | <b>9</b><br>Hamburger Steak w/Gravy, Lima Beans, Brown Rice, Fresh Fruit, Roll, Brownie and Milk  |
| <b>12</b><br>Cheeseburger, Green Beans, Apple Crisp, and Milk                                     | <br><b>13</b><br>Chicken Salad, Pickled Beets, Pasta Salad, Crackers, Cake, Juice and Milk | <b>14</b><br>Pork Chop, Succotash, Potatoes Au Gratin, Strawberries, Cornbread, Cookie and Milk   | <b>15</b><br>Baked Turkey Breast, w/Gravy, Cooked Carrots, Brown Rice, Baked Apples, Pudding, Roll and Milk   | <b>16</b><br>Chef Salad w/Ham and Cheese, Potato Salad, Pita, Jell-O, Juice and Milk              |
| <b>19</b><br>Spaghetti w/Meat Sauce, California Blend, Fresh Fruit, Bread Stick, Pudding and Milk | <b>20</b><br>Tuna Salad, Three Bean Salad, Macaroni Salad, Crackers, Cookies, Juice and Milk  | <b>21</b><br>Meatloaf, Lima Beans, Brown Rice, Fresh Fruit, Brownie, Roll and Milk  | <b>22</b><br>Roast Beef and Cheese Sub, Tossed Salad, Fruit Cocktail, Banana Bread and Milk   | <b>23</b><br>Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fresh Fruit, Bread, Cake and Milk |
| <b>26</b><br>Smoked Sausage on Bun, Baked Beans, Baked Apples, Pudding and Milk                   | <b>27</b><br>Chef Salad w/Turkey and Cheese, Macaroni Salad, Strawberries, Crackers, Cookie and Milk  | <br><b>28</b><br>BBQ Chicken, Peas, Macaroni and Cheese, Fresh Fruit, Corn Muffin and Milk | <b>29</b><br>Lasagna w/Ground Beef, California Blend, Corn, Garlic Bread, Juice and Milk  | <b>30</b><br>Chicken Salad, Pickled Beets, Pasta Salad, Crackers, Cake, Juice and Milk            |

## Our Lunch Program

The Camden County Center for Active Adults offers **dine-in only**, catered lunches for seniors 60 and older served at **11:00 AM** Monday thru Friday. These are well-balanced, dietician-approved meals. Seniors must sign up with the Center and request a lunch 24 hours prior to the meal date.

***\*Donations Welcome\****



**COOKING DEMO & TASTING**  
**JOIN US THURSDAY, AUGUST 8TH @ 10:15 AM**  
**FOR A NEW, TASTY RECIPE!**

**FREE**



# AUGUST BIRTHDAYS!

**Ruby Albertson  
Dolores Alexander  
Sallie Ames  
Rose Armitage  
Terri Balog  
Pat Banks  
Linda Barnes  
Portia Lee Burgess  
Alan Coe  
Peggy Sue Coe  
Bruce Davis  
Emma East  
James Harrington  
Diane Hendrix  
Janet Hill**



**Laveal Holcomb  
Melvin Jeralds  
Jeannie LeFrancois  
Susan Lenda  
Melissa MacKay  
Carolyn McDaniel  
Jimmy McKinney  
Mark Meads  
Amy Merritt  
Jacquelynn Muller  
Edward Overton  
Frances Riggs  
Gertie Roundtree  
Clara Sanderlin**

**Carol Sawyer  
William Schuyler III  
Jeanette Sherrick  
Marty Silverwood  
Betty Spain  
Rose Spence  
Joyce Spruill  
Anita Staples  
Emmett Storey III  
Brenda Sutphin  
Faye Tarkington  
Ann Whitehurst  
Cathy Wood  
Shirley Wright**



# PICKLEBALL NIGHTS

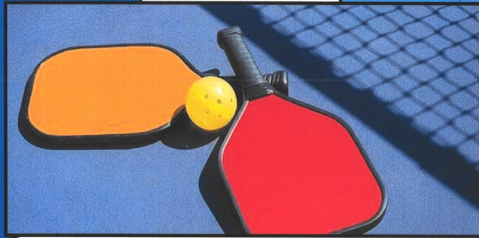
Tuesdays 6-8pm

Beginning Tuesday March 19, 2024

**Ages 40 & Over**

Program is for participants only. Do not bring children to the gym.

**Grandy Primary Gymnasium**



call Camden Parks & Recreation  
for more info. 338-1919 ext 239  
[www.camdencountync.gov](http://www.camdencountync.gov)

## Operation Fan/Heat Relief

Each year, contributions from Dominion Resources through the Division of Aging and Adult Services are made available to the Albemarle Commission Area Agency on Aging to purchase fans in support of Operation Fan/Heat Relief (OFHR). The OFHR program is intended to provide a more comfortable living environment and reduce heat related illnesses. The fans purchased are distributed to community partners throughout the region in order to reach older adults in need. The OFHR program runs annually from May-September, or until all fans have been distributed.

### Applicant Eligibility Criteria:

1. Must reside in county served by the Albemarle Commission
2. Must be an adult: 60 years of age or older or with a disability
3. Must have a home situation where a threat to health and well being exists

For more information, contact Kayla White at  
252-404-7088 or your local provider:

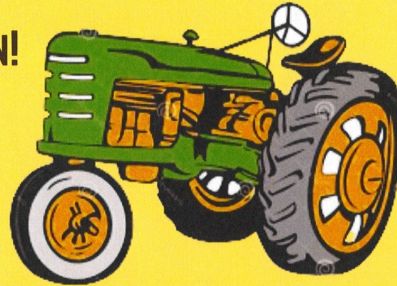
Camden County Center for Active Adults (252) 335-2569



# CAMDEN HERITAGE FESTIVAL

SATURDAY SEPTEMBER 21, 2024  
10AM-3PM

**FREE  
ADMISSION!**



**BLUE MACHINE  
WILL BE THE  
OPENING EVENT!**



**CAMDEN COMMUNITY PARK  
BEHIND CAMDEN INTERMEDIATE SCHOOL  
125 NOBLITT DR. CAMDEN, NC 27921**



**ACTIVITIES -**  
ANTIQUE FARM EQUIPMENT,  
HISTORIC VILLAGE, LIVING  
HISTORY, CLASSIC CARS,  
FOOD TRUCKS, PETTING ZOO,  
GAMES & ACTIVITIES, LIVE  
ENTERTAINMENT, FACE  
PAINTING, CANNING CONTEST,  
WAGON RIDES, CRAFT

**VENDORS**  
SCAN QR CODE FOR REGISTRATION  
DETAILS!



RAIN DATE: SUNDAY SEPTEMBER 22, 2024 10AM-3PM  
CAMDEN HERITAGE FESTIVAL HOTLINE: 252-621-3940

**NC Senior Tar Heel Legislature Representative for Camden County:  
Dianne Meiggs (252) 340-0113 [dhm320@gmail.com](mailto:dhm320@gmail.com)**



Like the Camden County Senior Center Facebook page for the latest updates!



**STAY INFORMED: [www.camdencountync.gov](http://www.camdencountync.gov)**

**Camden Center for Active Adults Advisory  
Board Meetings Schedule:  
Tuesday, September 10, 2024  
Tuesday, December 10, 2024**  
All meetings will be held at the Center for Active  
Adults @ 5:15 PM.

**Interested in receiving information, updates,  
and Jacquie Lawson ecards from  
the Center for Active Adults?  
Join our Email List! Send an email to  
[bmansfield@camdencountync.gov](mailto:bmansfield@camdencountync.gov)  
to join!**



**Camden County Board of  
Commissioners' Meetings  
Monday, August 5, 2024 @ 7:00 PM  
Tuesday, September 3, 2024 @ 7:00 PM**

**Camden Food Pantry 2024**  
Tuesday, August 6th & 20th, 9:30 AM-11:00 AM  
Located at Camden Methodist Church:  
A Global Methodist Community  
Contact (252) 339-0505 for more information.