

THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME

6

ISSUE

12



DECEMBER 2024

CHRISTMAS LUNCH

FRIDAY, DECEMBER 20TH
@ 11:00 AM.

**PRE-REGISTRATION IS
REQUIRED.**

**PLEASE BRING
A NEW & UNOPENED
\$5.00 GIFT TO EXCHANGE!**

FREE

COFFEE, COCOA & COOKIES!

THURSDAY, DECEMBER 5TH
@ 12:00 PM.

**PRE-REGISTRATION IS
REQUIRED.**

**PLEASE BRING A BATCH OF YOUR
FAVORITE CHRISTMAS COOKIES!**

CHAIR YOGA By BODY KINECT WELLNESS

**Come join us every
Monday and Wednesday**
**@ 9:30 AM for
morning yoga!**

FREE

Inside This Issue:

SHIP NEWS	2
DAYS CLOSED	3
ACTIVITIES	4
LUNCH MENU	5
BIRTHDAYS	6
MOVIE/TREE LIGHTING	7
COMMUNITY INFORMATION	8

LUNCH BUNCH HERITAGE HOUSE IN WINDSOR SHOPPING IN EDENTON

THURSDAY, DECEMBER 12TH
DEPARTURE TIME @ 9:45 AM.
LIMITED SPOTS AVAILABLE!
PRE-REGISTRATION IS REQUIRED!



SHIIP

**SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM**

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

DECEMBER 2TH – 6TH

National Influenza Vaccination Week

National Influenza Vaccination Week (NIVW) is a national observance that highlights the importance of continuing influenza vaccination through the holiday season and beyond. The Centers for Disease Control and Prevention (CDC) recommends an annual influenza vaccine for everyone 6 months of age and older to reduce the risk of illness and hospitalization. Now is a great time to vaccinate – to protect your family, friends and yourself. Medicare Part B covers one influenza vaccination and its administration each influenza season for Medicare beneficiaries. If medically necessary, Medicare may cover additional seasonal influenza vaccinations. Ask a SHIIP Counselor for more information.

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

Camden Center for Active Adults will be CLOSED on the following days:



No meals will be served Monday, December 23, 2024 through Friday, December 27, 2024.

Meals will resume on Monday, December 30, 2024.

ACTIVITIES FOR DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Meal @ 11:00 AM  CHAIR YOGA @ 9:30 AM 	3  Meal @ 11:00 AM  BINGO @ 1:00 PM 	4  Meal @ 11:00 AM  CHAIR YOGA @ 9:30 AM 	5  Meal @ 11:00 AM Coffee, Cocoa & Cookies @ 12:00 PM 	6  Meal @ 11:00 AM  FREE MOVIE @ 1:00 PM 
9  Meal @ 11:00 AM  CHAIR YOGA @ 9:30 AM 	10  Meal @ 11:00 AM  BINGO @ 1:00 PM 	11  Meal @ 11:00 AM  CHAIR YOGA @ 9:30 AM 	12  Meal @ 11:00 AM GAME DAY @ 12:00 PM Lunch Bunch @ 9:45 AM  	13  Meal @ 11:00 AM CENTER CLOSING @ 12:00 PM 
16  Meal @ 11:00 AM  CHAIR YOGA @ 9:30 AM 	17  Meal @ 11:00 AM  BINGO @ 1:00 PM 	18  Meal @ 11:00 AM  CHAIR YOGA @ 9:30 AM 	19  Meal @ 11:00 AM GAME DAY @ 12:00 PM  	20 CHRISTMAS LUNCH @ 11:00 AM  
23 NO MEALS 	24 CLOSED NO MEALS 	25 CLOSED NO MEALS 	26 CLOSED NO MEALS 	27 NO MEALS 
30  Meal @ 11:00 AM  CHAIR YOGA @ 9:30 AM 	31  Meal @ 11:00 AM  BINGO @ 1:00 PM 			
 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: Monday and Wednesday @ 9:30 AM				
 SHIP Open Enrollment: By Appointment only.				
 Computers: Available 8:00 AM-4:30PM				
 Exercise Room: Available 7:00 AM-4:30 PM *GYM assistance for equipment by appointment only*				
Times/Activities are Subject to Change! Please call the Camden Center for Active Adults at (252) 335-2569.				

LUNCH MENU FOR DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sausage and Peppers, Cooked Carrots, Roasted Potatoes, Fruit Cobbler, Roll and Milk	3 Baked Ham, California Blend Vegetables, Sweet Potato w/Marshmallows, Pears, Roll, Cake and Milk 	4 Chili, Broccoli, Cheese Sandwich, Jell-O, Juice and Milk	5 Tuna Salad, Three Bean Salad, Macaroni Salad, Fresh Orange, Crackers, Jell-O and Milk	6 BBQ Chicken, Peas, Cinnamon Apples, Macaroni and Cheese, Cornbread and Milk
9 Beef Stroganoff, Green Beans, Applesauce, Cornbread, Pudding and Milk	10 Baked Pork Chop, Collards, Potatoes Au Gratin, Fruit Crisp, Roll and Milk 	11 Meatloaf, Lima Beans, Brown Rice, Pineapple Chunks, Roll and Milk	12 Pork BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Orange, Graham Crackers and Milk 	13 Herbed Baked Chicken w/Gravy, Carrot Coins, Brown Rice, Fruit, Roll and Milk
16 Oven Fried Boneless Thigh, Garden Peas, Fruit, Baked Potato, Roll and Milk	17 Spaghetti w/Meat Sauce, Tossed Salad, Baked Apples, Garlic Bread, Pudding and Milk	18 Bratwurst Sausage on Bun, Coleslaw, Baked Beans, Brownie and Milk	19 Baked Turkey Breast, w/Gravy, Cooked Carrots, Bread Stuffing, Brown Rice, Cranberry Sauce, Pudding and Milk 	20 Beef Stew w/Potatoes and Vegetables, Green Beans, Fruit Cobbler, Juice, Roll and Milk 
23 NO MEALS 	24 CLOSED NO MEALS 	25 CLOSED NO MEALS 	26 CLOSED NO MEALS 	27 NO MEALS 
30 Sausage and Peppers, Cooked Carrots, Roasted Potatoes, Fruit Cobbler, Roll and Milk	31 Baked Ham, California Blend Vegetables, Sweet Potato w/Marshmallows, Pears, Roll, Cake 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



Christmas Word Search

CHRISTMAS
 SANTA
 SLEIGH
 REINDEER
 DASHER
 DANCER
 PRANCER
 VIXEN
 COMET
 CUPID
 DONNER
 BLITZEN
 RUDOLPH
 RED NOSED



B S D A N C E R V T S R G S X
 G G E Q J M D J A B V L O Y B
 S A A C K L P B Q Y K T N V T
 F D A S H E R X L B X I W I M
 Q R M A M C N E X I V R X L G
 M F R M O A T N A S T F R K G
 K F L T C B U Z A Z J Z E M C
 C S E S Q H P L O D U R E R C
 G D X I J U Q C Y H C E D N Z
 Y O K R O M H H U B G E N W X
 C N C H X U W H K P G I I L X
 O N B C A O D G C E I S E X P
 M E W N R E D N O S E D R L W
 E R Z H W A L R L M U O S V S
 T F X P R A N C E R N F G L Y



DECEMBER BIRTHDAYS!



Wayne Abruzzo
 David Barnes
 Birdie Berry
 Nancy Blaisdell
 Denise Bounds
 Karla Brooks
 Isaac Calvin
 Kenneth Coleman
 John Crabtree
 Carol Cutrell
 Harold Cutrell
 Joan Davis
 Patricia Delano
 Katherine Engbring
 Shellie Evans



Dorothy Gregory
 Marion Harris
 Susan Hayden
 Peggy Hellberg
 Carol Humbert
 Larry Johnson Jr
 Evainia Jones
 Susan Jones
 Robert Lanz
 Adolphus McDaniel
 Terry Mitchell
 Sherri Moore
 Kayrl Mumma
 Samuel Nash
 Carol Nordeman



Gerald Paupst
 Barbara Sawyer
 Gary Sawyer
 Robin Sawyer
 Mary Schambron
 Suzann Schlichter
 Adelaida Spaulding
 Greg Stafford
 Barbara Storey
 Peggy Taylor
 Charles Turner
 Chloe Turner
 Gwen Wescott
 Kathleen Wheeler
 Susan Zeone



**COME JOIN US
ON FRIDAY,
DECEMBER 6TH
@ 1:00 PM FOR**

**A MOVIE
AND
POPCORN!**



PLEASE JOIN US FOR

Christmas

TREE LIGHTING

CAMDEN COUNTY

MONDAY, DECEMBER 2ND, 2024
HISTORIC COURTHOUSE LAWN
5:30 PM



Santa is Coming!

FREE PIZZA
CHRISTMAS MUSIC
PICTURES WITH SANTA



**Medicare costs
hard to swallow?
SHIP can help find the
best Medicare Prescription
Drug Plan for you!**



**Medicare Annual Open Enrollment Period
October 15 – December 7**

Changes will take effect Jan. 1, 2025

**Call to schedule an appointment
with a trained SHIP counselor.**

**CAMDEN CENTER FOR
ACTIVE ADULTS**

(252) 335-2569

**MEDICARE HOTLINE NUMBER:
(855) 408-1212**



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

STAY INFORMED: www.camdencountync.gov



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



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



**Come join us for
BINGO every
Tuesday @ 1:00 PM
Must be a member of the Center
to play!**

**Camden County Board of
Commissioners' Meetings
Monday, December 2, 2024 @ 8:30 AM**

**Camden Food Pantry 2024
Tuesday, December 3rd & 17th, 9:30 AM-11:00 AM
Located at Camden Methodist Church:
A Global Methodist Community
Contact (252) 339-0505 for more information.**