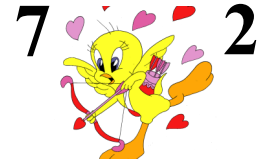


THE GOLDEN TIMES

VOLUME ISSUE



CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

FEBRUARY 2025

RIVERS CASINO PORTSMOUTH

WEDNESDAY, FEBRUARY 12TH
DEPARTURE TIME 8:30 AM
LIMITED SPOTS AVAILABLE!
PRE-REGISTER IN PERSON
BY MONDAY,
FEBRUARY 10TH
COST IS \$5.00



VALENTINE'S PIZZA PARTY!

FRIDAY, FEBRUARY 14TH
11:30 AM
PRE-REGISTRATION IS RQUIRED
BY MONDAY, FEBRUARY 10TH
COST \$5.00
Movie to follow



TEXAS ROADHOUSE & BOWLING IN ELIZABETH CITY

FRIDAY, FEBRUARY 28TH
DEPARTURE TIME 10:30 AM
PRE-REGISTRATION IS
REQUIRED BY WEDNESDAY,
FEBRUARY 26TH



Valentine Heart
Wreath Craft
Monday, February 3rd
at 1:00 PM

Pre-registration is required

Cost \$5.00

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Valentine Heart Tree Craft

Monday, February 10th
1:00 PM

Pre-registration is required

Cost \$5.00





SHIIP
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM



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

FEBRUARY IS American Heart month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. Heart disease can often be prevented when people make healthy choices and manage their health conditions. Cardiovascular screening blood tests assist in early detection of heart disease. Medicare covers screening tests for cholesterol, lipid and triglyceride levels once every 5 years.

Ask a SHIIP counselor for more information.

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

Albemarle Commission Area Agency on Aging

Digital Navigator

Program

The Albemarle Commission Area Agency on Aging (AAA) is excited to offer FREE digital literacy programs and workshops for older adults! Below are a list of available workshops.

OUR COURSES

- Identifying and Avoiding Scams
- Connecting with Others
- Fun Things to do with Your Device
- Accessing Government Services
- Tech Terminology
- Using Technology to Live a Healthier Life



Ask about our one-on-one sessions!!

Thursday, February 27th 9:30AM

**The Albemarle Commission
Area Agency on Aging
41st Annual**

ALBEMARLE SENIOR GAMES



Join us for a celebration of the Human Spirit!

OFFICIAL ENTRY PACKET
REGISTRATION DEADLINE: FEBRUARY 15, 2025

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.

ACTIVITIES FOR FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 CHAIR YOGA 9:30AM Meal 11:00 AM Lighten Up with Emily 12:00 pm (Library) CRAFT 1:00 PM	4 Meal 11:00 AM BINGO 1:00 PM	5 CHAIR YOGA 9:30 AM Meal 11:00 AM Tax Appointments (Library)	6 Coffee & Chat with Staff 9:30 AM Meal 11:00 AM GAME DAY 12:00 PM	7 Meal 11:00 AM MOVIE DAY 1:00 PM
10 CHAIR YOGA 9:30AM Meal 11:00 AM Lighten Up with Emily 12:00 pm (Library) CRAFT 1:00 PM	11 Meal 11:00 AM BINGO 1:00 PM	12 RIVERS CASINO TRIP 8:30AM CHAIR YOGA 9:30 AM Meal 11:00 AM Tax Appointments (Library)	13 Meal 11:00 AM GAME DAY 12:00 PM	14 VALENTINE'S PARTY & MOVIE 11:30 AM 
17 CHAIR YOGA 9:30AM Meal 11:00 AM Lighten Up with Emily 12:00 pm (Library)	18 Meal 11:00 AM BROOKDALE BINGO 1:00 PM	19 CHAIR YOGA 9:30 AM Meal 11:00 AM Tax Appointments (Library)	20 Meal 11:00 AM GAME DAY 12:00 PM	21 Meal 11:00 AM MOVIE DAY 1:00 PM
24 CHAIR YOGA 9:30AM Meal 11:00 AM Lighten Up with Emily 12:00 pm (Library)	25 Meal 11:00 AM BINGO 1:00 PM	26 CHAIR YOGA 9:30 AM Meal 11:00 AM Tax Appointments (Library)	27 Digital Program 9:30 AM Meal 11:00 AM GAME DAY 12:00 PM	28 Texas Roadhouse & Bowling 10:30AM Meal 11:00 AM

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

Fruits & Vegetables: Monday and Wednesday 11:30 AM *When Available*

Chair Yoga: Monday and Wednesday at 9:30 AM

Bingo: Tuesday 1:00 - 2:00 PM

Game Day: Thursday at 12:00 PM

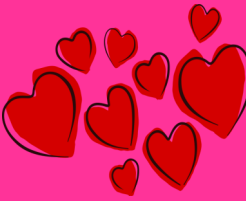

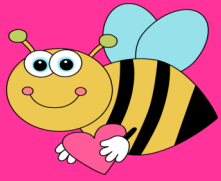




Computers: Monday - Friday 8:00 AM - 4:30 PM

Exercise Room: Monday - Friday 7:00 AM - 4:30 PM

GYM assistance for equipment by appointment only



LUNCH MENU FOR FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 Beef Stroganoff, Green Beans, Applesauce, Cornbread, Pudding and Milk	4 Baked Pork Chop, Collards, Potatoes Au Gratin, Fruit Crisp, Roll and Milk	5 Meatloaf, Lima Beans, Rice, Pineapple Chunks, Roll and Milk	6 Pork BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Orange, Graham Crackers and Milk	7 Herbed Baked Chicken w/Gravy, Carrot Coins, Rice, Fruit, Yogurt, Roll and Milk
10 Oven Fried Boneless Thigh, Garden Peas, Fruit, Baked Potato, Roll and Milk	11 Spaghetti w/Meat Sauce, Tossed Salad, Baked Apples, Garlic Bread, Pudding and Milk 	12 Bratwurst Sausage on Bun, Coleslaw, Baked Beans, Brownie and Milk	 13 Baked Turkey Breast, w/Gravy, Cooked Carrots, Bread Stuffing, Rice, Cranberry Sauce, Pudding and Milk	14 Beef Stew w/Potatoes and Vegetables, Green Beans, Fruit Cobbler, Juice, Roll and Milk
17 Salisbury Steak w/ Gravy, Peas and Carrots, Mashed Potatoes, Pineapple Chunks, Roll, Apple Crisp and Milk	18 Roasted Pork w/Gravy, Rice, Succotash, Fresh Orange, Cornbread, Cookie and Milk	19 Marinated Chicken Breast, Green Beans, Pasta, Fruit in Gelatin, Roll, Juice and Milk	20 Seasoned Fish Filet, Broccoli, Rice Pilaf, Pineapple, Roll, Pudding and Milk	21 Cheeseburger, Baked Beans, Baked Apples, Cake and Milk
24 Sausage and Peppers, Cooked Carrots, Roasted Potatoes, Fruit Cobbler, Roll and Milk	25 Baked Ham, California Blend Vegetables, Sweet Potato w/Marshmallows, Pears, Roll, Cake and Milk	26 Chili, Broccoli, Cheese Sandwich, Jell-O, Juice and Milk	27 Tuna Salad, Three Bean Salad, Macaroni Salad, Fresh Orange, Crackers, Jell-O and Milk	28 BBQ Chicken, Peas, Cinnamon Apples, Macaroni and Cheese, Cornbread 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****



CHAIR YOGA
by BODY KINECT WELLNESS
Come join us every
Monday & Wednesday
at 9:30 AM

FREE



FEBRUARY BIRTHDAYS!



**Pennie Bailey
Edda Barker
Frankie Barnett
Rose Baum
Pamela Bundy
Shirley Chappelle
Rebecca Claggett
Selene Cooper
Lawrence Corbo
Brian Cote
Jackie Crabtree
Jean Cummings
Jimmy Day
Robin Duguid
Amy Durden
Jean Endresen
Linda Gurganus
Bonita Heath**

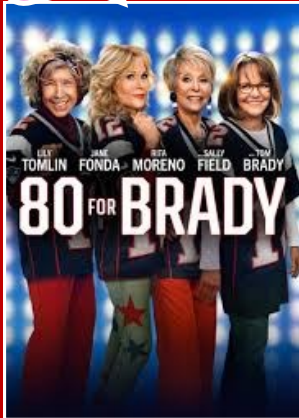
**Victor Hendricks
Debra Hudson
Ben James
Lynn James
Pearl Jennings
Mick Jolley
Albert Joseph
Sherry Joyner
John Kesler
Patricia Kile
Beverly Knauss
Mark Leary
Kitty Malakuskie
Rhonda Matthews
Dan Mehosky
Nita Miller
Sallie Money
Whit Monroe**

**Mable Moore
Orethia Mullen
Debra Owens-Clark
Carra Parks
Donald Perry
Charlie Pierce
Sue Powers
Ella Poyner
Shelton Riggs
Katie Sawyer
Nita Schuyler
Bertha Simonds
Loretta Sullivan
JoAnn Trueblood
James Wheeler
Trent Woods**



**Come join us Friday, February 7th
and Friday, February 21st
at 1:00 pm for a
Movie and Popcorn!**

**FEB.
7TH**



FREE



**FEB.
21ST**



**ATTENTION:
Senior Members
55+**

Do you need help filing your taxes? The Camden County Center for Active Adults is offering **FREE Tax Assistance**. Call today to make an appointment **252-335-2569**.

Questions about Medicare?

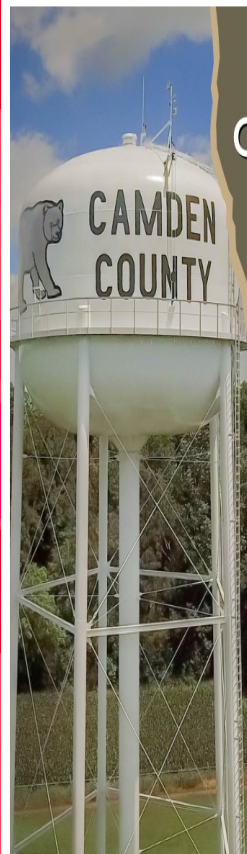
SHIIP can help.

SHIIP, the Seniors' Health Insurance Information Program, provides free counseling about Medicare in all 100 counties of North Carolina. SHIIP can also help you apply for Medicare cost savings programs.



Call **855-408-1212** or visit **ncshiip.com** to find out how SHIIP can help you.

**Medicare Advantage
Open Enrollment
1/1/2025 – 3/31/2025
(252) 335-2569**



CAMDEN MEMORIES ORAL HISTORY PROJECT

We want to hear your fondest memories & moments of living, working & playing in Camden County!

Camden County Heritage Museum
117 Hwy 343 N, Camden NC

Call or email to schedule an appointment to record!

PH: 252-336-6360

heritagemuseum@camdencountync.gov

*Photo, audio, & Video will only be used for educational & promotional purposes.

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



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



STAY INFORMED: www.camdencountync.gov

Camden Center for Active Adults Advisory

Board Meetings Schedule:

Tuesday, March 4, 2025

All meetings will be held at the
Center for Active Adults at 5:15 PM

Come join us for
BINGO

Tuesday at 1:00 PM

Must be a member of the
Center to play!



Camden County Board of
Commissioners' Meeting

Monday, February 3, 2025 7:00 PM

Monday, March 3, 2025 7:00 PM

Camden Food Pantry 2025

Tuesday, February 4th & 18th, 9:30 AM-11:00 AM

Located at Camden Methodist Church:

A Global Methodist Community

Contact (252) 339-0505 for more information