

# THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME      ISSUE

6      7



JULY 2024

## ICE CREAM SOCIAL

FRIDAY, JULY 5TH

@ 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



CENTER WILL BE CLOSED  
THURSDAY, JULY 4TH  
IN OBSERVANCE OF  
INDEPENDENCE DAY.

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## JULY COOKOUT

GUEST SPEAKER:  
COUNTY MANAGER

ERIN BURKE

FRIDAY, JULY 26TH

@ 11:00 AM

SIGN-UP AND PAYMENT/  
CANCELLATION ARE

REQUIRED BY

FRIDAY, JULY 19TH.

COST IS \$5.00.





# **SHIP**

**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**

## **JULY**

### **Staying Healthy**

**You can live a healthy lifestyle and prevent disease by exercising, eating well,  
maintaining a healthy weight and not smoking.**

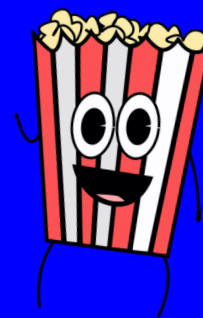
**Medicare can help. Medicare pays for many preventive services to help keep you  
healthy. Preventive services can find health problems early and fight off certain diseases.**

**If you have Medicare, you can get a yearly wellness visit and many other  
preventive services.**

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



COME JOIN US ON  
FRIDAY, JULY 12TH  
@ 1:00 PM FOR A  
MOVIE AND POPCORN!



# ACTIVITIES FOR JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Meal  @ 11:00 AM CHAIR YOGA  @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	<b>2</b> Meal  @ 11:00 AM BINGO  @ 1:00 PM	<b>3</b> Meal  @ 11:00 AM CHAIR YOGA  @ 9:00 AM GYM ASST 1:00 PM	<b>4</b> CLOSED NO MEALS	<b>5</b> Meal  @ 11:00 AM ICE CREAM SOCIAL  @ 1:00 PM
<b>8</b> Meal  @ 11:00 AM CHAIR YOGA  @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	<b>9</b> Meal  @ 11:00 AM BINGO  @ 1:00 PM	<b>10</b> Meal  @ 11:00 AM CHAIR YOGA  @ 9:00 AM GYM ASST 1:00 PM	<b>11</b> Meal  @ 11:00 AM GAME DAY  @ 12:00 PM	<b>12</b> Meal  @ 11:00 AM MOVIE DAY  @ 1:00 PM
<b>15</b> Meal  @ 11:00 AM CHAIR YOGA  @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	<b>16</b> Meal  @ 11:00 AM BINGO  @ 1:00 PM	<b>17</b> Meal  @ 11:00 AM CHAIR YOGA  @ 9:00 AM GYM ASST 1:00 PM	<b>18</b> Meal  @ 11:00 AM GAME DAY  @ 12:00 PM	<b>19</b> Meal  @ 11:00 AM
<b>22</b> Meal  @ 11:00 AM CHAIR YOGA  @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	<b>23</b> Meal  @ 11:00 AM BINGO  @ 1:00 PM	<b>24</b> Meal  @ 11:00 AM CHAIR YOGA  @ 9:00 AM GYM ASST 1:00 PM	<b>25</b> Meal  @ 11:00 AM GAME DAY  @ 12:00 PM	<b>26</b> COOKOUT @ 11:00 AM 
<b>29</b> Meal  @ 11:00 AM CHAIR YOGA  @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	<b>30</b> Meal  @ 11:00 AM BINGO  @ 1:00 PM	<b>31</b> Meal  @ 11:00 AM CHAIR YOGA  @ 9:00 AM GYM ASST 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: 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 JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Smoked Sausage on Bun, Baked Beans, Baked Apples, Pudding and Milk	<b>2</b> Chef Salad w/Turkey and Cheese, Macaroni Salad, Strawberries, Crackers, Cookie and Milk 	<b>3</b> BBQ Chicken, Peas, Macaroni and Cheese, Fresh Fruit, Corn Muffin and Milk	<b>4</b> <b>CLOSED NO MEALS</b>	<b>5</b> Chicken Salad, Pickled Beets, Pasta Salad, Crackers, Cake, Juice and Milk
<b>8</b> Sliced Ham, Cabbage, Red Potatoes, Cake, Cornbread, Juice and Milk	<b>9</b> Oven Fried Chicken Breast, Broccoli, Buttered Potato w/Sour Cream, Pears, Roll, Cookies and Milk	<b>10</b> Minced BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Fruit, and Milk	<b>11</b> Turkey Club Sub, Broccoli Salad, Pineapple, Graham Crackers and Milk	<b>12</b> Hamburger Steak w/Gravy, Lima Beans, Brown Rice, Fresh Fruit, Roll, Brownie and Milk
<b>15</b> Cheeseburger, Green Beans, Apple Crisp, and Milk	<b>16</b> Chicken Salad, Pickled Beets, Pasta Salad, Crackers, Cake, Juice and Milk	<b>17</b> Pork Chop, Succotash, Potatoes Au Gratin, Strawberries, Cornbread, Cookie and Milk	<b>18</b> Baked Turkey Breast, w/Gravy, Cooked Carrots, Brown Rice, Baked Apples, Pudding, Roll and Milk 	<b>19</b> Chef Salad w/Ham and Cheese, Potato Salad, Pita, Jell-O, Juice and Milk
<b>22</b> Spaghetti w/Meat Sauce, California Blend, Fresh Fruit, Bread Stick, Pudding and Milk	<b>23</b> Tuna Salad, Three Bean Salad, Macaroni Salad, Crackers, Cookies, Juice and Milk	<b>24</b> Meatloaf, Lima Beans, Brown Rice, Fresh Fruit, Brownie, Roll and Milk	<b>25</b> Roast Beef and Cheese Sub, Tossed Salad, Fruit Cocktail, Banana Bread and Milk 	<b>26</b> Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fresh Fruit, Bread, Cake and Milk
<b>29</b> Smoked Sausage on Bun, Baked Beans, Baked Apples, Pudding and Milk	<b>30</b> Chef Salad w/Turkey and Cheese, Macaroni Salad, Strawberries, Crackers, Cookie and Milk	<b>31</b> BBQ Chicken, Peas, Macaroni and Cheese, Fresh Fruit, Corn Muffin 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\****





# JULY BIRTHDAYS!



MICHELLE ABBOTT  
 MINNIE ARNOLD  
 CLEOPHUS AYDLETT  
 PAULINE BERAND  
 VALERIE BOGUES  
 GERARD BOHLEY  
 SUZANNE BOSEMAN  
 ROBERT BRAY  
 SANDRA BROOKS  
 MICHAEL BRUZAN  
 SOPHIE BRUZAN  
 MARGARET BUTTS  
 WILLIAM CANNON  
 JOHN CORCORAN  
 LARRY CUMMINGS  
 EVELYN DAVENPORT  
 DORIS EVANS  
 GLORIA EVERETT



JOY EVERHART  
 LINWOOD GODFREY  
 HIRAM GODWIN, SR.  
 SHELIA GORDON  
 MARGUERITE HARRIS  
 CARL HEATH  
 KATHY JACKSON  
 JOYCE JENKINS  
 JET JOHNSON  
 LAURA JOLLEY  
 CAROLYN JONES  
 KEITH KENNEDY  
 WILLIAM KNAUSS  
 WILMA LAMB  
 ELIZABETH LANG  
 BRYNDA LAROSE  
 CLARANN MANSFIELD  
 ETELKA MAYO



NANCY MEEHAN  
 DIANNE MEIGGS  
 MICHELLE MITCHELL  
 RANDY MIZELLE  
 JOHN MORRISON  
 KAY PASSANTE  
 EDWARD PEARCE  
 MONIQUE PIFER  
 BONNIE RIGGS  
 MYROM RIGGS  
 BESS SAWYER  
 MYRA SAWYER  
 MICHAELA SHOCKLEY  
 JANICE SIMMONS  
 PHYLIS TIMMERMAN  
 MARTIN VAN BUREN  
 LOIS WILLIAMSON  
 ELVIN YOUNG  
 HENRY ZALEGOWSKI

# 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)

## Fast Food Restaurants

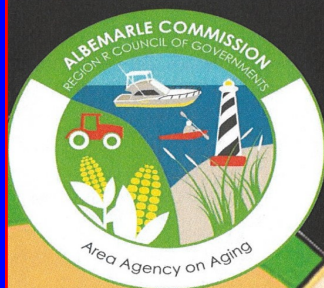
**DIRECTIONS:**  
 Find and circle the  
 vocabulary words  
 in the grid. Look  
 for them in all  
 directions including  
 backwards and  
 diagonally.

- A and W
- Arby's
- Burger King
- Carl's Jr.
- Chipotle
- Chuck E. Cheese's
- Church's Chicken
- Cinnabon
- Dairy Queen
- Domino's
- Dunkin' Donuts
- Five Guys
- Hardee's
- Jack in the Box



- Jollibee
- KFC
- Little Caesars
- Long John Silver's
- McDonald's
- Panda Express
- Papa John's Pizza
- Pizza Hut
- Popeyes
- Quiznos
- Starbucks
- Subway
- Taco Bell
- TCBY
- The Pizza Company
- Tim Hortons
- TKK Fried Chicken
- Wendy's
- Wingstop
- WingStreet

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Santa is taking a break from toy building for...

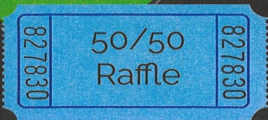
# Christmas in July

When: Sunday, July 14th @ 5pm  
Where: Hicks Field 111 E. Freemason St, Edenton

### Donations Needed

Paper Towels, Toilet Paper, Soap, Toiletries, Hard Candy, Toothbrush/Toothpaste, Toiletries, Puzzle Books.

\$1 off entry with a donation.



For more information contact Laura Rollinson at (252) 404-7091

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, July 1, 2024 @ 7:00 PM

Monday, August 5, 2024 @ 7:00 PM

Camden Food Pantry 2024

Tuesday, July 2nd & 16th, 9:30 AM-11:00 AM

Located at Camden Methodist Church:

A Global Methodist Community

Contact (252) 339-0505 for more information.