

THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME ISSUE



APRIL 2024

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.

LUNCH BUNCH MACU MUSTANG CAFE

FRIDAY, APRIL 12TH

DEPARTURE TIME

@ 10:30 AM

LIMITED SPOTS AVAILABLE!

PRE-REGISTRATION

IS REQUIRED!



CHAIR YOGA By **BODY KINECT WELLNESS**

FREE

Come join us on Monday and Thursday mornings @ 9:00 AM for relaxing, morning yoga!



Come join us for BINGO every

Tuesday @ 1:00 PM

**Must be a member
of the Center to play!**



FREE

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SPRING COOKOUT

FRIDAY, APRIL 19TH

@11:00 AM

SIGN-UP AND PAYMENT/

CANCELLATION

**IS REQUIRED BY
FRIDAY, APRIL 12TH.**

COST IS \$5.00.



APRIL 21-27 IS NATIONAL VOLUNTEER WEEK!



**We want to give a big shout out to everyone who volunteers their time to the
Camden Center for Active Adults!**

Thank You! Betty Breger, Lisa Brown, Sandy Chaffin, John & Jackie Crabtree,
Patricia Delano, Crystal Doran, Dorothy Drake, Nancy Eadie, Ellen Harvey,
Peggy Hellberg, Sue Hicks, Emiy Howington, Edith Jennings, Marie Kerns,
Robert & Tammie Krauss, Paula Ledbetter, Enoch Ludford, Kitty Malakuskie,
Mike & Lynne McLain, Dianne Meiggs

Kimberly Mills, Kristie Moncla, Ross Munro,
David Parks, Edward Pearce, Jim Suda,
Carol Tarkington, Peggy Taylor, Michele Ward,
Gwen Wescott, Tiffney White and Trisha Wilkins



*Thank
You*

**Come join us for a MOVIE and
POPCORN on Friday, April 5th and
Friday, April 26th @ 1:00 PM!**

April
5th

EVERYONE IN THE WORLD
HAS FORGOTTEN THE BEATLES.
EVERYONE EXCEPT JACK...



FREE

April
26th



ACTIVITIES FOR APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	2  Meal @ 11:00 AM BINGO @ 1:00 PM 	3  Meal @ 11:00 AM GYM ASST 1:00 PM TAX APPOINTMENTS	4  Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM GAME DAY @ 12:00 PM 	5  Meal @ 11:00 AM MOVIE DAY @ 1:00 PM 
8  Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	9  Meal @ 11:00 AM BINGO @ 1:00 PM 	10  Meal @ 11:00 AM GYM ASST 1:00 PM TAX APPOINTMENTS	11  Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM COOKING @ 10:00 AM GAME DAY @ 12:00 PM 	12  Meal @ 11:00 AM LUNCH BUNCH @ 10:30 AM
15  Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	16  Meal @ 11:00 AM BINGO @ 1:00 PM 	17  Meal @ 11:00 AM 11:15 AM UPDATES * GYM ASST 1:00 PM TAX APPOINTMENTS	18  Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM GAME DAY @ 12:00 PM 	19 SPRING COOKOUT @ 11:00 AM 
22  Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	23  Meal @ 11:00 AM BINGO @ 1:00 PM 	24  Meal @ 11:00 AM GYM ASST 1:00 PM TAX APPOINTMENTS	25  Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM GAME DAY @ 12:00 PM 	26  Meal @ 11:00 AM MOVIE DAY @ 1:00 PM 
29  Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	30  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: Mondays and Thursdays @ 9:00 AM

Lighten up with Emily Howington Mondays 1:00 PM

**Updates with Gwen Wescott 3rd Wednesday of the month 11:15 AM*



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 APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti w/Meat Sauce, California Blend, Fresh Fruit, Bread Stick, Pudding and Milk	2 Tuna Salad, Three Bean Salad, Macaroni Salad, Crackers, Cookies, Juice and Milk	3 Meatloaf, Lima Beans, Brown Rice, Fresh Fruit, Brownie, Roll and Milk	4 Roast Beef and Cheese Sub, Tossed Salad, Fruit Cocktail, Banana Bread and Milk	5 Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fresh Fruit, Bread, Cake and Milk
8 Smoked Sausage on Bun, Baked Beans, Baked Apples, Pudding and Milk	9 Chef Salad w/Turkey and Cheese, Macaroni Salad, Strawberries, Crackers, Cookie and Milk	10 BBQ Chicken, Peas, Macaroni and Cheese, Fresh Fruit, Corn Muffin and Milk	11 Lasagna w/Ground Beef, California Blend, Corn, Garlic Bread, Juice and Milk	12 Chicken Salad, Pickled Beets, Pasta Salad, Crackers, Cake, Juice and Milk
15 Sliced Ham, Cabbage, Red Potatoes, Cake, Cornbread, Juice and Milk	16 Oven Fried Chicken Breast, Broccoli, Buttered Potato w/Sour Cream, Pears, Roll, Cookies and Milk	17 Minced BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Fruit, and Milk	18 Turkey Club Sub, Broccoli Salad, Pineapple, Graham Crackers and Milk	19 Hamburger Steak w/Gravy, Lima Beans, Brown Rice, Fresh Fruit, Roll, Brownie and Milk
22 Cheeseburger, Green Beans, Apple Crisp, and Milk	23 Chicken Salad, Pickled Beets, Pasta Salad, Crackers, Cake, Juice and Milk	24 Pork Chop, Succotash, Potatoes Au Gratin, Strawberries, Cornbread, Cookie and Milk	25 Baked Turkey Breast, w/Gravy, Cooked Carrots, Brown Rice, Baked Apples, Pudding, Roll and Milk	26 Chef Salad w/Ham and Cheese, Potato Salad, Pita, Jell-O, Juice and Milk
29 Spaghetti w/Meat Sauce, California Blend, Fresh Fruit, Bread Stick, Pudding and Milk	30 Tuna Salad, Three Bean Salad, Macaroni Salad, Crackers, Cookies, 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

FREE
JOIN US THURSDAY,
APRIL 11TH @ 10:00 AM
FOR A NEW TASTY RECIPE!



APRIL BIRTHDAYS!



Edward Barry
Alice Bradley
Margaret Brown
Kay Castine
Marie Chandler
Garland Colson
Kathy Cote
Linda Crocker
Marietta Evans
Iredell Forbes
Bertha Garrett
Martin Gary Sr.
Herbert Harris
Patricia Hendricks

Emily Howington
Stanford Jones
Helen Karau
Ginny Kuklewski
Kevin Kuklewski
Barry Mack
Steven Malakuskie
Virginia Matthews
Casper McDaniel
Juanita McDaniels
Jeff McPherson
David Metzger
Judy Neal
Landis Neal

Geraldine Overton
John Purcell
George Ramsey
Linda Rull
Cecil Sawyer
Betty Scheibach
Susan Smith
Valerie Taylor
Charlotte Underwood
Marietta Villorente
Lillie Williams
Robert Woodrow
Eileen Zoltanski



HAPPY BIRTHDAY!

PICKLEBALL NIGHTS

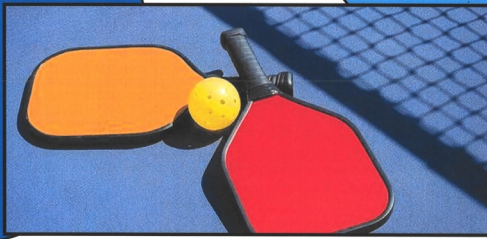
Tuesdays 6-8pm

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

Hello Spring word search

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

UMBRELLA
TULIP
LEAF
BUTTERFLY

SUN
NEST
KITE
GREEN

FLOWERS
LADYBIRD
GRASS
RAIN

TREE
ROBIN
BLOSSOMS
DAFFODIL



SHIIP

SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

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

APRIL IS Alcohol Awareness Month

Alcohol is the most commonly used addictive substance in the United States. Alcohol addiction and excessive alcohol misuse affects people of all ages, gender and ethnicities.

If you or someone you know and love is a Medicare beneficiary, help is available. Medicare covers an annual screening for all beneficiaries. For those that screen positive, Medicare covers up to four counseling interventions per year.

Ask a SHIIP counselor for more information.

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

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, June 4, 2024

Tuesday, September 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
to join!



Camden County Board of Commissioners' Meeting

Monday, April 1, 2024 @ 7:00 PM

Monday, May 6, 2024 @ 7:00 PM

Camden Food Pantry 2024

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

Located at Camden Methodist Church:

A Global Methodist Community

Contact (252) 339-0505 for more information.