

THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME

2

ISSUE



MARCH 2020



Bingo at the Beach!

Thursday, March 5th 2020

Join us at the Ramada Plaza in Kitty Hawk for BINGO and a delicious Breakfast Buffet. Bus departs Camden Center for Active Adults at 8:15 am sharp. Cost : \$3.00 transportation & \$13.00 for buffet.

Free Over The Counter Medicine GiveAway!

Date: Friday, March 27, 2020

Time: 9:00 AM—2:00 PM

Cost: **FREE**

Bring: Friends, Family & Neighbors

Where:

Edenton United Methodist Church

Family Life Center

225 Virginia Road

Edenton, NC 27932

Transportation is available for Camden County Seniors by the Camden Center for Active Adults. Please stop by to sign-up .

Event Made Possible By:



Event Details:

- ♦ **Take Home FREE Over the Counter Medicine Items!**
- ♦ Find out more about NC MedAssist *Free Pharmacy Program*

OTC Items Include: cold, cough and flu medicine, Band-Aids, pain and allergy relief, vitamins and children's medicine, and much more while supplies last!

No ID Required—Must Be 18 or Older



For more information visit:
www.medassist.org

117 NORTH NC 343

| CAMDEN, NC 27921

| P: 252-335-2569

| F:252-331-5621

CENTER HEALTH INFORMATION

Camden/Pasquotank EMS Monthly Health Screenings



The Camden/Pasquotank EMS will be offering blood pressure and health screenings the first Wednesday of every month at 11:30 am at the Camden Center for active adults. There is no cost for Camden County Seniors.

Health Education with Penny Marcum

This month we welcome back Penny Marcum, MSN, RN. Mrs. Marcum is employed as a Clinical Nurse Specialist with the Sentara Albemarle Medical Center. She will continue her monthly education series Monday March 22nd at 11:00 am. Guest speaker Jackie Sawyer BSN, RN will cover Sepsis. Learn how to recognize symptoms, treatment and prevention.

EXERCISE ROOM HOURS
Monday - Friday 7:00 am - 5:00 pm

CENTER HOURS
Monday - Friday 8:00 am - 5:00 pm

Mailing Address
PO Box 190
Camden, NC 27921

STAFF

Parks & Recreation Director
Timothy C. White
twhite@camdencountync.gov

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ljolley@camdencountync.gov

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Part-Time Assistant
Robin Allen

MARCH ACTIVITIES

Thursday March 5th—Bingo at the Beach!

Join us as we travel to the Ramada Inn for Bingo at the Beach and a delicious breakfast buffet 8am—3pm. Cost is \$3.00 for transportation + \$13.00 for the breakfast buffet.

Tuesday March 17th—St Patrick's Day Party

We will be celebrating on St Patrick's Day, make sure to wear green! Punch and desserts will be offered at the party. Either sign up for lunch or bring one from home. This will be a **FREE** event from 12:30—1:30.

Thursday March 19th—Cooking Demo with Olivia

Olivia is returning (YAY!) with her delicious and healthy cooking demonstration. Cooking demo starts at 11:00am and is a **FREE** event!

Friday March 20th—Movie and Popcorn

Join us for a **FREE** movie day here at the center. We will be watching Luck of the Irish while enjoying popcorn and soda!

Thursday March 26th—Rosie's Gaming Emporium

Come test your luck at Rosie's! Bring money for entertainment and lunch. The bus will leave at 9:00am and return by 3:00pm. Cost is \$3.00 for transportation.

Friday March 27th— NC MediAssist

We will be going to Edenton for a wonderful program NC MedAssist. This event offers **FREE** over the counter medicine. The medicine comes from a partnership with Second Harvest Food Bank of Metrolina and sorted by volunteers. The van will leave the center at 8:30am SHARP. We will return to the center no later than 3:00pm. Please bring money for lunch. Please sign up at the Senior Center for transportation to this event.

Tuesday March 31st—Walmart & Lunch

We will be heading to Walmart for some shopping and lunch. Bring money for both. The van will depart the center at 10:30am. We will be leaving Walmart to return to the center by 1:00pm.

Every Thursday—Yoga Class

Starting this month we will be introducing Cory and Jen! They will be doing a beginner yoga class every Thursday from 11:00—11:30am!



ACTIVITIES CALENDER FOR MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:00-12:00pm Health education Penny Marcum 	3 11:00am Camden Food Pantry Pick up	4 BINGO  12:30-1:30pm 11:00am Fruits & Vegetables available for pick up EMT Health Check	5 Rummikub with Jeanette @ 10 Bingo at the Beach!  Yoga Class 11:00-11:30 Corn hole @ 12:30	6 12:30pm DOUGHNUTS!!!! Celebrations for Birthdays in February 
9 11:00am Fruits & Vegetables available for pick up 	10 11:00 am Spiritual Enrichment with Pastor Ron Stuart 	11 BINGO  12:30-1:30pm 11:00am Fruits & Vegetables available for pick up	12 Rummikub with Jeanette @ 10 Corn hole every Thursday @ 12:30 Yoga Class 11:00-11:30 	13 
16 11:00am Fruits & Vegetables available for pick up 	17 St. Patricks Day Party! 12:30-1:30 11:00am Camden Food Pantry Pick up Food Bank of the Albemarle Senior Food Box Pick up 	18 BINGO  12:30-1:30pm 11:00am Fruits & Vegetables available for pick up	19 Rummikub with Jeanette @ 10 Cooking Demo with Olivia 11—12  Yoga Class 11:00-11:30 Corn hole @ 12:30	20 Movie & Popcorn LUCK OF THE IRISH 
23 	24 11:00am Spiritual Enrichment with Pastor Ron Stuart 	25 BINGO  12:30-1:30pm 11:00am Fruits & Vegetables available for pick up	26 Rummikub with Jeanette @ 10 Rosie's Gaming Emporium 9-3 Yoga Class 11:00-11:30 Corn hole @ 12:30	27  NC MedAssist Mobile Free OTC Pharmacy 9—2pm @ Edenton United Methodist Church
30 11:00am Fruits & Vegetables available for pick up 	31		Everyone's Irish On March 17th. 	

BINGO

Play every Wednesday at 12:30 pm Free of charge. Good luck!

Spiritual Enrichment with Ron Stuart
 3/10 & 24th @ 11:00 am.

Fruit & Vegetable Pick up

Camden residents are able to pick up fruits and vegetables for FREE!!

NC MedAssist

3/27/2020, 9-2pm @ Edenton United Methodist Church. Registration required.

Yoga Class

Every Thursday we will have a 30 Minute yoga class from 11:00-11:30.

Birthday Celebration

Friday March 6th, join us for DOUGHNUTS to celebrate all the individuals born this month! Happy birthday to Richard Smith, Trunella Prayer, and Paula Ledbetter!



Food Pan-

try / Food Bank Pick-up

Seniors that attend the Camden Senior Center can pick up their commodities here at the center at 11:00 am on scheduled food bank & food pantry days. Participants **MUST** be here to pick up food items.

Rummikub & Corn Hole

Join us every Thursday for Rummy Q with Jeanette at 10. We also have corn hole practice every Thursday at 12 for those interested in playing for the Senior Games!

LUNCH MENU FOR MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Stroganoff over Pasta, Green Beans, Applesauce, Cornbread, Pudding & Milk	3 Pork Chop, Collards, Potatoes, Au Gratin, Fruit Crisp, Roll & Milk	4 Meatloaf w/ Red Sauce, Lima Beans, Pineapple Chunks, Brown Rice, Dinner Roll & Milk	5 BBQ Pork Sandwich, Coleslaw, Fresh Fruit, Buttered Potatoes, Graham Crackers & Milk	6 Chicken Salad, Beets, Orange Juice, Pasta Salad, Crackers, Cake & Milk
9 Oven Fried Chicken, Peas, Pineapple Chunks, Bakes Potato, Roll and Milk	10 Spaghetti w/ Meat Sauce, California Blend Veggies, Baked Apples, Garlic Bread, Pudding & Milk	11 Smoked Sausage on Bun, Cabbage, Baked Beans, Brownies & Milk	12 Baked Turkey Breast, Carrots, Cranberry Sauce, Stuffing, Brown Rice, Pudding & Milk	13 Beef Stew w/ Potatoes and Veggies, Garden Salad, Orange Juice, Roll, Fruit Cobbler & Milk
16 Salisbury Steak, Peas, Pineapple Chunks, Mashed Potatoes, Apple Crisp, Bread and Milk	17 Roast Pork w/ Gravy, Stewed Potatoes, Succotash, Cornbread, Fruit, Cookie & Milk	18 Beef Tips w/ Gravy, Spinach, Rice, Peaches, roll & Milk	19 Fish Filet, Broccoli, Strawberries, Potatoes Au Gratin, Roll, Pudding & Milk	20 Cheese Burger, Baked Beans, Cinnamon Apples, Cake & Milk
23 Sausage and Peppers, Carrots, Peach Cobbler, Roll and Milk	24 Baked Ham, California Blend Veggies, Pears, Sweet Potato with Marshmallows, Roll and Milk	25 Chili, Broccoli, Pimento Cheese Sandwich, Jell-O, Orange Juice and Milk.	26 BBQ Chicken, Pease, Cinnamon Apples, Macaroni and Cheese, Cornbread and Milk	27 Roast Beef Sandwich, Salad, Orange, Cookie and Milk
30 Beef Stroganoff over Pasta, Green Beans, Applesauce, Cornbread, Pudding & Milk	31 Pork Chop, Collards, Potatoes, Au Gratin, Fruit Crisp, Roll & Milk			

Our Lunch Program

The Camden County Senior Center serves hot, catered lunches for seniors 60 and older at 12:00pm Monday - Friday. These are well balanced, state-approved meals. Seniors must sign up with the senior center and request a lunch 24 hours in advance if they plan to eat.

****Donation Based Program****



UPCOMING AAA TRIPS



Come check out our new travel board. A variety of trips have been posted in the exercise room!



MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer is a cancer that develops in the colon or rectum. It is a leading cause of cancer death for both men and women in the US. Colorectal cancer starts when growths, or polyps, form on the inner lining of the colon or rectum. Polyps can have a potential to turn cancerous, but not all of them do. A polyp is more likely to turn cancerous if it is larger than 1 cm or if more than two develop. Cancerous polyps start at the inner layer and can grow outward all the way through the outer layer, reaching blood vessels or lymph vessels. This is why screening for Colorectal Cancer is so important, much like other cancers. The American Cancer Society recommends the start of regular screening at the age of 45. Those who are in good health should continue regular screenings through the age of 75. Through the ages of 76 to 85, screening is optional based on preferences, life expectancy, overall health and previous screening history. There is no need for colorectal screening after the age of 85. The ACS states that when colorectal cancer is found at an early stage before spreading, the 5-year survival rate is about 90%. Unfortunately, only 4 out of 10 colorectal cancers are found early enough.

Information is provided by: <https://www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging.html>



COMMUNITY INFORMATION

IT'S TIME FOR FUN, FITNESS, AND FELLOWSHIP!



Athletic Events

- Badminton
- Basketball Shooting
- Billiards
- Bocce
- Bowling
- Cornhole
- Croquet
- Cycling
- Discus
- Football Throw
- Golf
- Horseshoes
- Pickleball
- Running Long Jump
- SilverStriders Fun Walk
- Shot Put
- Shuffleboard
- Softball Throw
- Standing Long Jump
- Swimming
- Table Tennis
- Tennis
- Track

SilverArts

- Cheerleading
- Literary Arts
- Heritage Arts
- Performing Arts
- Visual Arts

FOR ADULTS, AGE 50+

APPLICATIONS DUE BY 2/15/20



The Albemarle Senior Games are sponsored by the Albemarle Commission Area Agency on Aging and sanctioned by North Carolina Senior Games, Inc. You don't have to be a professional athlete, artist or performer to participate. You just have to be ready, willing and able to have fun! Those who qualify at our local game are invited to attend **STATE FINALS** in the fall. The dates for 2020 include: **March 23-25, 27, 31, April 3, 7, 8, 16, 20, 23, 27, May 5, 6, 13 & 19!**

For more information, or to request an application, contact:
Ashley Lamb
 Albemarle Senior Games Coordinator
 252-404-7088
 alamb@accog.org

Monday, March 23rd	<p>Bowling— Singles 9am Men 1pm Women</p> <p>Billiards— 9am Women 1pm Men</p>	<p>Albemarle Lanes, 603 S Hughes Blvd, Elizabeth City, NC</p>
Tuesday, March 24th	<p>Bowling— Doubles 9am Men 1pm Women</p>	<p>Albemarle Lanes, 603 S Hughes Blvd, Elizabeth City, NC</p>
Wednes- day, March 25th	<p>Bowling— Mixed Doubles 9am & 1pm</p>	<p>Albemarle Lanes, 603 S Hughes Blvd, Elizabeth City, NC</p>
Friday, March 27th	<p>Swimming— 9am</p>	<p>Albemarle Family YMCA, 1240 N Road St, Elizabeth City, NC</p>
Tuesday, March 31st	<p>Shuffleboard— 9 am Women 1pm Men</p> <p>Horseshoes— 9am Men 1pm Women</p>	<p>Gates County Community Center 130 US—158, Gatesville, NC</p>



STAY INFORMED: www.camdencountync.gov

**Camden County Board of
Commissioner's upcoming
Regular Meetings**

Monday, March 2nd, 2020 @ 7:00 pm

**Camden Center for Active Adults Advisory
Board Meeting Tuesday, March 3, 2020
@ 5:15pm**

Harmony Café of the Albemarle


Did you know that Camden County was working towards becoming a "Dementia Friendly" county?

Harmony Café is a Memory Café

Meets 2nd Saturday each month from 11:00 am– 2:00 pm
at McBride United Methodist Church, 228 Old Swamp Road,
South Mills, NC 27976

For more information contact: Joanne Inman (President) ~
757-650-3818 ~ beaglemommy1964@gmail.com

Senior Center Food Box PICK UP
March 17th, 2020



11:00AM-12:00PM Recipients
MUST be present