

# THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME ISSUE

7



4

APRIL 2025



## LUNCH BUNCH

CRACKER BARREL  
CHESAPEAKE, VA

THURSDAY, APRIL 3RD  
DEPARTURE TIME - 10:00 AM  
LIMITED SPOTS AVAILABLE!



PRE-REGISTRATION IS REQUIRED.

## BUNNY CANDLE CRAFT

MONDAY, APRIL 7TH

1:00 PM

PRE-REGISTRATION  
IS REQUIRED.

COST \$5.00



Lily Pad  
Pottery

PAINT YOUR OWN  
POTTERY PIECE!  
MONDAY, APRIL 14TH  
DEPARTURE TIME  
11:45 AM

COST \$12 - \$25

LIMITED SPOTS AVAILABLE!  
PRE-REGISTRATION IS REQUIRED.

join us for a  
**SPRING BBQ**  
& VOLUNTEER APPRECIATION

FRIDAY **11** APRIL

11:30 AM

COST - \$5.00

SIGN UP IN OFFICE BY APRIL 9TH

## Inside This Issue:

VOLUNTEER WEEK	2
MOVIE DAYS/PICKLEBALL	3
ACTIVITIES	4
LUNCH MENU	5
BIRTHDAYS	6
SCAM JAM/WEAAD WALK	7
COMMUNITY/SHIIP INFORMATION/BINGO CRUISE	8

## Birthday Celebration

JOIN US TO CELEBRATE

APRIL  
BIRTHDAYS

WEDNESDAY, APRIL 9TH  
12:00 PM

PRE-REGISTRATION IS REQUIRED BY  
MONDAY, APRIL 7TH



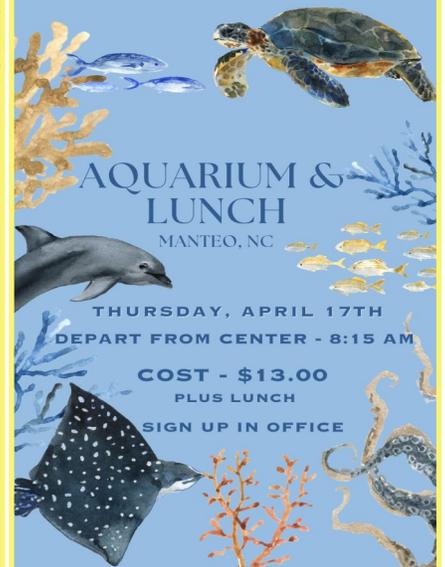
## AQUARIUM & LUNCH

MANTEO, NC

THURSDAY, APRIL 17TH  
DEPART FROM CENTER - 8:15 AM

COST - \$13.00  
PLUS LUNCH

SIGN UP IN OFFICE



# NATIONAL VOLUNTEER WEEK

APRIL 20-26

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

Jason Banks, Allie Bizzell, Betty Breger, Lisa Brown, Sandy Chaffin,  
John & Jackie Crabtree, Patricia Delano, Amy Durden,  
Edward & Nancy Eadie, Sue Hicks, Emily Howington, Edith Jennings,  
Marie Kerns, Paula Ledbetter, Enoch Ludford,  
Mike McLain, Dianne Meiggs, Kimberly Mills,  
Kristie Moncla, Ross Munro, David Parks,  
Edward Pearce, Jim Suda, Michele Ward,  
Gwen Wescott, Leslie White, Tiffney White,  
Trisha Wilkins and Stephanie Wyche



*Thank  
You*

COME JOIN US FOR  
**MOVIE AND POPCORN**

**FRIDAY, APRIL 4<sup>TH</sup>**  
**FRIDAY, APRIL 25<sup>TH</sup>**  
**1:00 PM**

April  
4th



FREE

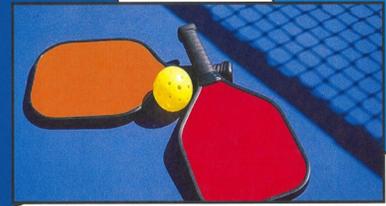
April  
25th



**PICKLEBALL  
NIGHTS**

**Tuesdays 6-8pm**  
**Beginning Tuesday March 18, 2025**

**Ages 40 & Over**  
Program is for participants only. Do not bring children to the gym.  
**Grandy Primary Gymnasium**



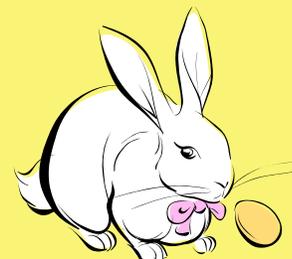
call Camden Parks & Recreation  
for more info. 338-1919 ext 239  
[www.camdencountync.gov](http://www.camdencountync.gov)

# ACTIVITIES FOR APRIL

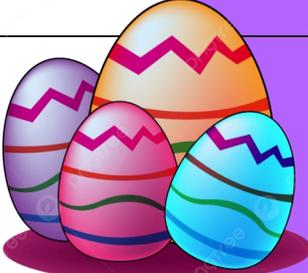
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Meal 11:00 AM BINGO 1:00 PM	<b>2</b> CHAIR YOGA 9:00 AM National Walking Day Community Park 10:00 AM Meal 11:00 AM Tax Appointments (Library)	<b>3</b> Cracker Barrel 10:00 AM Meal 11:00 AM GAME DAY 12:00 PM	<b>4</b> Meal 11:00 AM MOVIE DAY 1:00 PM
	<b>7</b> CHAIR YOGA 9:00 AM Meal 11:00 AM CRAFT 1:00 PM	<b>8</b> Meal 11:00 AM EMS 12:00 PM BINGO 1:00 PM	<b>9</b> CHAIR YOGA 9:00 AM Meal 11:00 AM BIRTHDAY CELEBRATION 12:00 PM Tax Appointments (Library)	<b>10</b> Meal 11:00 AM GAME DAY 12:00 PM
<b>14</b> CHAIR YOGA 9:00 AM LILY PAD POTTERY 11:45 AM Meal 11:00 AM	<b>15</b> Meal 11:00 AM BINGO 1:00 PM	<b>16</b> CHAIR YOGA 9:00 AM Meal 11:00 AM	<b>17</b> NC Aquarium & Lunch 8:15 AM Meal 11:00 AM GAME DAY 12:00 PM	<b>18</b> CLOSED Good Friday
<b>21</b> CHAIR YOGA 9:00 AM Meal 11:00 AM	<b>22</b> Meal 11:00 AM EMS 12:00 PM BINGO 1:00 PM	<b>23</b> CHAIR YOGA 9:00 AM Meal 11:00 AM	<b>24</b> Meal 11:00 AM GAME DAY 12:00 PM	<b>25</b> Meal 11:00 AM MOVIE DAY 1:00 PM
<b>28</b> CHAIR YOGA 9:00 AM Meal 11:00 AM	<b>29</b> Meal 11:00 AM BINGO 1:00 PM	<b>30</b> CHAIR YOGA 9:00 AM Meal 11:00 AM	 <p>Sunday, April 20th Happy Easter!</p>	

**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\***  
**EMS: 2nd and 4th Tuesday at 12:00 PM**  
**Chair Yoga: Monday and Wednesday at 9:00 AM**  
**Bingo: Tuesday 1:00 PM - 2:00 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\***

**\*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
	<b>1</b> Tuna Salad on Lettuce, Cucumber Salad, Macaroni Salad, Crackers, Cookies, Juice and Milk	<b>2</b> Pork Chop, Broccoli Salad, Potatoes Au Gratin, Pineapple Tidbits, Jello, Cornbread and Milk	<b>3</b> Open Faced Hot Roast Beef & Cheese Sub, Tossed Salad, Mashed Potatoes & Gravy, Fruit Cocktail, Banana Bread and Milk	<b>4</b> Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fresh Fruit, Bread, Cake and Milk
<b>7</b> Smoked Sausage on Bun, Baked Beans, Baked Apples, Pudding and Milk	<b>8</b> Chef Salad w/Ham, Turkey & Cheese, Macaroni Salad, Pineapple Tidbits, Crackers, Cookie and Milk	<b>9</b> BBQ Chicken Boneless Thigh, Peas, Macaroni & Cheese, Peaches, Corn Muffin and Milk	<b>10</b> Lasagna w/Ground Beef, California Blend, Corn, Garlic Bread, Peach Cobbler, Juice and Milk	<b>11</b> Chicken Salad on Lettuce, Broccoli Salad, Pasta Salad, Crackers, Fresh Orange, Cake and Milk
<b>14</b> Sliced Ham, Cabbage, Potatoes Au Gratin, Pineapple Tidbits, Cornbread, Cake and Milk	<b>15</b> Baked Fish Fillet Pattie on Bun, Green Beans, Blueberry Crisp and Milk	<b>16</b> Oven Fried Chicken Breast, Broccoli, Macaroni Salad, Pears, Roll, Cake and Milk	<b>17</b> Turkey & Cottage Cheese on Lettuce, Potato Salad, Pears, Crackers and Milk	<b>18</b> <b>CLOSED</b> Good Friday
<b>21</b> Baked Turkey Breast w/Gravy, Cooked Carrots, Macaroni & Cheese, Baked Apples, Pudding, Roll and Milk	<b>22</b> Chicken Salad on Lettuce, Cucumber & Tomato Salad, Pasta Salad, Crackers, Grapes, Juice and Milk	 <b>23</b> Cheeseburger, Green Beans, Apple Crisp, and Milk	<b>24</b> Roast Beef & Cheese Sub, Tossed Salad, Fruit Cocktail, Cake and Milk	<b>25</b> Minced BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Orange and Milk
<b>28</b> Spaghetti w/Meat Sauce, California Blend, Fresh Fruit, Bread Stick, Pudding and Milk	<b>29</b> Tuna Salad on Lettuce, Cucumber Salad, Macaroni Salad, Crackers, Cookies, Juice and Milk	<b>30</b> Pork Chop, Broccoli Salad, Potatoes Au Gratin, Pineapple Tidbits, Jello, 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\**

WALK MORE  
STRESS LESS



## NATIONAL WALKING DAY

LET'S WALK FOR HEALTH TOGETHER

APRIL 2, 2025

10:00 AM

CAMDEN COMMUNITY PARK



# APRIL BIRTHDAYS



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

Helen Karau  
Laurie Krainiak  
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



# FREE EVENT

## Protect YOURSELF from FRAUD & SCAMS



Representatives from the following agencies will be in attendance:



Get the latest updates on:

INTERNET SCAMS

PHISHING SCAMS

IDENTIFY THEFT

MEDICARE FRAUD

MAIL FRAUD

### Camden County Center for Active Adults

117 N Highway 343, Camden, NC

Thursday, May 15, 2025  
10:00 am - 12:00 pm

LUNCH IS BEING PROVIDED!



This event is sponsored by the Albemarle Commission Area Agency on Aging.

TO RSVP SCAN HERE:



OR CALL:

252-404-7088

Deadline -- May 12, 2025



THERE'S NO EXCUSE FOR ELDER ABUSE.

10th Annual

THE ALBEMARLE COMMISSION AREA AGENCY ON AGING PRESENTS:

## WORLD ELDER ABUSE Awareness Day (WEAAD) WALK

Please scan the QR code or contact Ashley Lamb at 252-404-7090 by May 9, 2025 to register.

- Thursday, June 5, 2025
- 10:00 AM- 1:00 PM
- Elizabeth City



Event T-Shirts will be \$10.00 but must be pre-ordered.

Scan to register online!



Walk will begin at the Pasquotank County Courthouse (206 E. Main St.) and end at Mariner's Wharf Park (400 S. Water St.) with exhibitors and speakers on a variety of topics related to Elder Abuse.

\*Lunch Provided\*

Please wear purple to show your support!



# 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)

### 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.

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

**NORFOLK SILVER SERIES  
BINGO CRUISE**

**WEDNESDAY, MAY 14th**  
DEPART FROM CENTER - 10:00 AM  
CRUISE 11:30 AM-2:00 PM  
**\$55.00**  
INCLUDES LUNCH BUFFET AND BINGO  
PAYMENT DUE BY APRIL 15th  
SIGN UP IN OFFICE  
SCAN CODE TO PAY BY CARD

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, June 3, 2025*  
*Tuesday, September 2, 2025*  
*Tuesday, December 2, 2025*  
5:15 PM

All meetings will be held at the Center for Active Adults

### Camden County Board of Commissioners' Meeting

*Monday, April 7, 2025 7:00 PM*  
*Monday, May 5, 2025 7:00 PM*

COME JOIN US FOR

# BINGO

TUESDAYS AT 1:00 PM



MUST BE A MEMBER OF THE CENTER TO PLAY



### Camden Food Pantry 2025

Tuesday, April 1st & 15th, 9:30 AM-11:00 AM  
Located at Camden Methodist Church:  
A Global Methodist Community  
Contact (252) 339-0505 for more information.