

THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME ISSUE

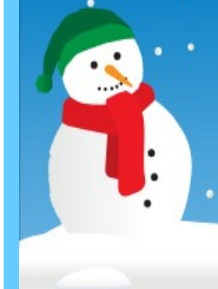
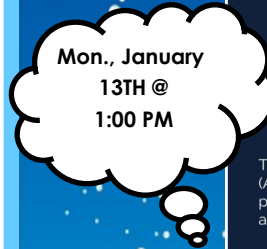


JANUARY 2025

ATTENTION: **Seniors 55+**

Do you need help filing your taxes?

The Camden County Center for Active Adults is offering **FREE** tax assistance starting January 22nd. Call 252-335-2569 for an appointment.



Albemarle Commission Area Agency on Aging

Digital Navigator Program

Ask about our one-on-one sessions!!

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



CHAIR YOGA By BODY KINECT WELLNESS

Come join us every Monday and Wednesday @ 9:30 AM for morning yoga! **FREE**



CHILI LUNCH

FRIDAY, JANUARY 31ST @ 11:00 AM. SIGN-UP AND PAYMENT/CANCELLATIONS ARE REQUIRED BY FRIDAY, JANUARY 24TH. COST IS \$5.00.



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LUNCH BUNCH

LEON NIXON CATERING

THURSDAY, JANUARY 9TH

DEPARTURE TIME @ 10:15 AM.

LIMITED SPOTS AVAILABLE!

PRE-REGISTRATION IS REQUIRED!



SHIIP

**SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM**

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

JANUARY IS

Glaucoma Awareness Month

Glaucoma is a leading cause of vision loss and blindness in the United States. It often has no symptoms and if it's not detected and treated, people can lose their sight. Prevent vision loss by finding and treating problems early. Medicare covers a glaucoma test once every 12 months for people at high risk for the disease. You're at high risk if you have diabetes, are African American age 50 and older, everyone over age 60, and anyone with a family history of glaucoma. The Medicare Part B deductible and coinsurance apply.

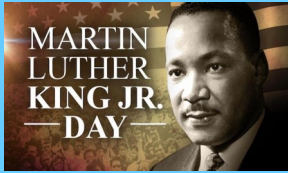
Ask a SHIIP counselor for more information.

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

**Camden Center for Active Adults will be CLOSED
on the following days:**



**Wednesday, January 1, 2025
In Observance of New Year's Day**



**Monday, January 20, 2025
In Observance Of
Martin Luther King Jr. Day**

NO MEALS WILL BE SERVED ON THESE DAYS.

ACTIVITIES FOR JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED NO MEALS	2 Meal @ 11:00 AM GAME DAY @ 12:00 PM 	3 Meal @ 11:00 AM 
6 Meal @ 11:00 AM CHAIR YOGA @ 9:30 AM *1:00 PM LIGHTEN UP WITH EMILY* 	7 Meal @ 11:00 AM BINGO @ 1:00 PM 	8 Meal @ 11:00 AM CHAIR YOGA @ 9:30 AM 	9 Meal @ 11:00 AM Lunch Bunch @ 10:15 AM GAME DAY @ 12:00 PM 	10 Meal @ 11:00 AM FREE MOVIE @ 1:00 PM 
13 Meal @ 11:00 AM CHAIR YOGA @ 9:30 AM Digital Program @ 1:00 PM 	14 Meal @ 11:00 AM BINGO @ 1:00 PM 	15 Meal @ 11:00 AM CHAIR YOGA @ 9:30 AM "SCAM JAM" Webinar 12:30 PM-1:30 PM 	16 Meal @ 11:00 AM GAME DAY @ 12:00 PM 	17 Meal @ 11:00 AM 
20 CLOSED NO MEALS	21 Meal @ 11:00 AM BINGO @ 1:00 PM 	22 Meal @ 11:00 AM CHAIR YOGA @ 9:30 AM TAX APPOINTMENTS 12:30 AM-4:30 PM 	23 Meal @ 11:00 AM GAME DAY @ 12:00 PM 	24 Meal @ 11:00 AM FREE MOVIE @ 1:00 PM 
27 Meal @ 11:00 AM CHAIR YOGA @ 9:30 AM *1:00 PM LIGHTEN UP WITH EMILY* 	28 Meal @ 11:00 AM BINGO @ 1:00 PM 	29 Meal @ 11:00 AM CHAIR YOGA @ 9:30 AM 	30 Meal @ 11:00 AM GAME DAY @ 12:00 PM 	31 CHILI LUNCH @ 11:00 AM 



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: Monday and Wednesday @ 9:30 AM



Computers: Available 8:00 AM-4:30 PM







Exercise Room: Available 7:00 AM-4:30 PM
GYM assistance for equipment by appointment only

Times/Activities are Subject to Change!

Please call the Camden Center for Active Adults at (252) 335-2569.

LUNCH MENU FOR JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED NO MEALS	2 Tuna Salad, Three Bean Salad, Macaroni Salad, Fresh Orange, Crackers, Jell-O and Milk	3 BBQ Chicken, Peas, Cinnamon Apples, Macaroni and Cheese, Cornbread and Milk
6 Beef Stroganoff, Green Beans, Applesauce, Cornbread, Pudding and Milk	7 Baked Pork Chop, Collards, Potatoes Au Gratin, Fruit Crisp, Roll and Milk	8 Meatloaf, Lima Beans, Rice, Pineapple Chunks, Roll and Milk	9 Pork BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Orange, Graham Crackers and Milk	10 Herbed Baked Chicken w/Gravy, Carrot Coins, Rice, Fruit, Yogurt, Roll and Milk
13 Oven Fried Boneless Thigh, Garden Peas, Fruit, Baked Potato, Roll and Milk	14 Spaghetti w/Meat Sauce, Tossed Salad, Baked Apples, Garlic Bread, Pudding and Milk	15 Bratwurst Sausage on Bun, Coleslaw, Baked Beans, Brownie and Milk	 16 Baked Turkey Breast, w/Gravy, Cooked Carrots, Bread Stuffing, Rice, Cranberry Sauce, Pudding and Milk	17 Beef Stew w/Potatoes and Vegetables, Green Beans, Fruit Cobbler, Juice, Roll and Milk
20 CLOSED NO MEALS	 21 Roasted Pork w/Gravy, Rice, Succotash, Fresh Orange, Cornbread, Cookie and Milk	22 Marinated Chicken Breast, Green Beans, Pasta, Fruit in Gelatin, Roll, Juice and Milk	23 Seasoned Fish Filet, Broccoli, Rice Pilaf, Pineapple, Roll, Pudding and Milk	24 Cheeseburger, Baked Beans, Baked Apples, Cake and Milk
27 Sausage and Peppers, Cooked Carrots, Roasted Potatoes, Fruit Cobbler, Roll and Milk	28 Baked Ham, California Blend Vegetables, Sweet Potato w/Marshmallows, Pears, Roll, Cake and Milk	29 Chili, Broccoli, Cheese Sandwich, Jell-O, Juice and Milk	 30 Tuna Salad, Three Bean Salad, Macaroni Salad, Fresh Orange, Crackers, Jell-O and Milk	31 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

PLEASE COME JOIN US FOR
A "SCAM JAM AND MEDICARE
FRAUD PATROL" WEBINAR
WEDNESDAY, JANUARY 15, 2025
12:30 PM-1:30 PM.
REFRESHMENTS WILL BE SERVED.

JANUARY BIRTHDAYS!



Cicely Adams
Reed Adams
Edward Allen
Josephine Allen
Robin Allen
Marian Arndt
Sherry August
Ruth Biggs
Debbie Bland
Ruth Bogues
Georgianna Brabbon
Darrell Braddy
Henrietta Cartwright
MarySue Cooper
C. James Davis Jr
Christine Dobie
Francis Eason II
William Evans Sr

Raymond Farmer
Mavis Giles
Thomas Gregory
Robert Harris
Walter Holton
Lillian Hurdle
Laura Isenberg
James Jenkins
Duane Marx
Carol Mayberry
James Medford
Oscar Meiggs
Joann Mikel
Bessie Needham
Virgil Parrish
Pearl Phisher
Elaine Pritchard
Richard Regan

Rebecca Rosenhein
Jean Sawyer
Linda Sawyer
Ken Schrock
Shelia Sewell
Samuel Shockley
Douglas Stickles
Nanette Stickles
George Tarkington
Annie Taylor
Richard Thomas
Mary Upton
John Varavette
Karen Wasarhaley
Jon Weaver
Charles Williams
Robert Williams
Barbara Woodrow



COME JOIN US FRIDAY, JANUARY 10TH
AND FRIDAY, JANUARY 24TH
@ 1:00 PM FOR A MOVIE AND POPCORN!

Jan.
10TH



FREE



Jan.
24TH



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.

The Camden Center For Active Adults
Medicare Advantage
Open Enrollment
January 1, 2025– March 31, 2025
(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, March 4, 2025

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

Camden County Board of
Commissioners' Meeting
Monday, January 6, 2025 @ 7:00 PM
Monday, February 3, 2025 @ 7:00 PM



Come join us for
BINGO every
Tuesday @ 1:00 PM

Must be a member of the Center
to play!

FREE

Camden Food Pantry 2025

Tuesday, January 7th & 21st, 9:30 AM-11:00 AM
Located at Camden Methodist Church:
A Global Methodist Community
Contact (252) 339-0505 for more information.