

THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME ISSUE

7 6



JUNE 2025

FATHER'S
DAY



ALL MEMEBERS ARE INVITED



DOLPHIN WATCHING BOAT TOUR

EMBARK ON A DOLPHIN-WATCHING BOAT TOUR
TO SEE CHARISMATIC BOTTLENOSE DOLPHINS,
AND OTHER COASTAL ANIMALS LIKE SEABIRDS,
SEA TURTLES, AND MORE.

JUNE 18 8:30 AM

COST - \$28.95

SUMMER Luan

JUNE 20TH
11:30AM

Cost - \$5.00

CRAB

Craft



JUNE 9TH
1:00 PM
Cost - \$8.00

FLAG

CRAFT



MONDAY, JUNE 16TH
1:00 PM COST -\$8.00

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117 NORTH NC 343

CAMDEN, NC 27921

P: 252-335-2569

F: 252-331-5621



SHIP

SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

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

JUNE IS Men's Health Month

June is the month that we celebrate dads. What better time is there for men to get their health screenings scheduled? Even healthy men need to get health screenings for preventive care. If you are a man with Medicare coverage, now is the time to talk with your doctor about getting screened for prostate cancer, colorectal cancer and cardiovascular disease. Medicare covers prostate screenings once every 12 months for men over 50 and the colorectal screening tests every 120 months, unless at high risk. Cardiovascular screenings can detect conditions that could lead to heart attack or stroke and are covered by Medicare once every five years.

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

MOVIE AND POPCORN

FRIDAY, JUNE 13TH
FRIDAY, JUNE 27TH

June
13TH



FREE



June
27TH



ACTIVITIES FOR JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHAIR YOGA 9:00 AM Meal 11:00 AM	3 Meal 11:00 AM BINGO 1:00 PM	4 CHAIR YOGA 9:00 AM Meal 11:00 AM	5 WEAAD WALK 10:00 AM-1:00 PM Meal 11:00 AM GAME DAY 12:00 PM	6 Meal 11:00 AM BIRTHDAY CELEBRATION 12:00 PM
9 CHAIR YOGA 9:00 AM Meal 11:00 AM CRAFT 1:00 PM	10 Meal 11:00 AM EMS 12:00 PM BINGO 1:00 PM	11 CHAIR YOGA 9:00 AM Meal 11:00 AM	12 FATHER'S DAY FISHING & LUNCH 8:30 AM Meal 11:00 AM GAME DAY 12:00 PM	13 Meal 11:00 AM MOVIE DAY 1:00 PM
16 CHAIR YOGA 9:00 AM Meal 11:00 AM CRAFT 1:00 PM	17 Meal 11:00 AM BINGO 1:00 PM	18 CHAIR YOGA 9:00 AM Meal 11:00 AM DOLPHIN TOUR 8:30 AM	19 CLOSED JUNETEENTH NO MEALS	20 SUMMER LUAU 11:30 AM 
23 CHAIR YOGA 9:00 AM Meal 11:00 AM	24 Meal 11:00 AM EMS 12:00 PM BINGO 1:00 PM	25 CHAIR YOGA 9:00 AM Meal 11:00 AM	26 HENRY'S & PUTT-PUTT GOLF 8:15 AM Meal 11:00 AM GAME DAY 12:00 PM	27 Meal 11:00 AM MOVIE DAY 1:00 PM
30 CHAIR YOGA 9:00 AM COINJOCK 10:30 AM Meal 11:00 AM	 FATHER'S DAY IS SUNDAY, JUNE 15TH	 FRIDAY, JUNE 20TH SUMMER BEGINS		

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 only



LUNCH MENU FOR JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Smoked Sausage on Bun, Baked Beans, Baked Apples, Pudding and Milk	3 Chef Salad w/Ham, Turkey & Cheese, Macaroni Salad, Pineapple Tidbits, Crackers, Cookie and Milk	4 BBQ Chicken Boneless Thigh, Peas, Macaroni & Cheese, Peaches, Corn Muffin and Milk	5 Lasagna w/Ground Beef, California Blend, Corn, Garlic Bread, Peach Cobbler, Juice and Milk	6 Chicken Salad on Lettuce, Broccoli Salad, Pasta Salad, Crackers, Fresh Orange, Cake and Milk
9 Sliced Ham, Cabbage, Potatoes Au Gratin, Pineapple Tidbits, Cornbread, Cake and Milk	10 Baked Fish Fillet Pattie on Bun, Green Beans, Blueberry Crisp and Milk	11 Oven Fried Chicken Breast, Broccoli, Macaroni Salad, Pears, Roll, Cake and Milk	12 Turkey & Cottage Cheese on Lettuce, Potato Salad, Pears, Crackers and Milk 	13 Hamburger Steak w/Gravy, Peas & Carrots, Brown Rice, Fresh Fruit, Roll, Brownie and Milk
16 Baked Turkey Breast w/Gravy, Cooked Carrots, Macaroni & Cheese, Baked Apples, Pudding, Roll and Milk	17 Chicken Salad on Lettuce, Cucumber & Tomato Salad, Pasta Salad, Crackers, Grapes, Juice and Milk 	18 Cheeseburger, Green Beans, Apple Crisp, and Milk	19  CLOSED JUNETEENTH NO MEALS	20 Minced BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Orange and Milk
23 Spaghetti w/Meat Sauce, California Blend, Fresh Fruit, Bread Stick, Pudding and Milk	24 Tuna Salad on Lettuce, Cucumber Salad, Macaroni Salad, Crackers, Cookies, Juice and Milk	25 Pork Chop, Broccoli Salad, Potatoes Au Gratin, Pineapple Tidbits, Jello, Cornbread and Milk	26 Open Faced Hot Roast Beef & Cheese Sub, Tossed Salad, Mashed Potatoes & Gravy, Fruit Cocktail, Banana Bread and Milk	27 Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fresh Fruit, Bread, Cake and Milk
30 Smoked Sausage on Bun, Baked Beans, Baked Apples, Pudding 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****



CHAIR YOGA

FREE

BY BODY KINECT WELLNESS

Come join us every
Monday & Wednesday
at 9:00 AM

MUST BE A MEMBER OF THE CENTER



JUNE BIRTHDAYS



*Omega Abbott
Kathy Albany
Martha Ann
Inge Arens
Forrest Bartlett
Patricia Bohley
Joann Brady
Stacy Brown
Mark Cartwright
Marion Chadwick
David Crocker
Valerie Cummings
Wanda Daniels
Cindy Day
James Dornburgh
Stanley Felicki
Kitty Games
Peggy Gibson
Julia Glass*

*Margaret Green
Wanda Grubbs
Kenneth Harrell
Thomas Harrison
Kristi Hayden
Jamie Heath
Patricia Heath
Albert Humbert
Jack Ireland
Edith Jennings
Marie Kerns
Linwood Key
Lynn Masterson*



*Gus McPherson
Jean Mehosky
Michael Mizelle
Ross Munro
Tammy Munro
Linda Perry
Ronda Phillips
Mary Jane Porter
Barbara Riggs
Joseph Riggs
Larry Scheibach
Karen Seigh
Dennis Seymour Jr.
Alvin Shaw
Louise Silverwood
Donna St. Clair
Vicki Ward
Joyce Wyatt
William Wescott*

Birthday Celebration

JOIN US TO CELEBRATE

JUNE BIRTHDAYS

FRIDAY, JUNE 6TH
12:00 PM



PICKLEBALL NIGHTS

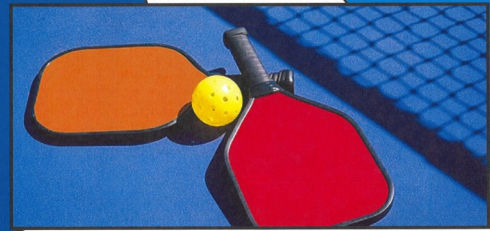
Tuesdays 6-8pm

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

**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.

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

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



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!

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 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, June 2, 2025 7:00 PM
Monday, July 7, 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, June 3rd & 17th, 9:30 AM-11:00 AM
Located at Camden Methodist Church:
A Global Methodist Community
Contact (252) 339-0505 for more information.