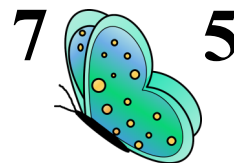


THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME ISSUE



MAY 2025

**Cinco
De Mayo**



MONDAY, MAY 5TH

DEPART CENTER - 10:30 AM

Mother's Day
SHOPPING & LUNCH
DUCK, NC

MAY 9TH

8:30 AM

ALL MEMBERS ARE INVITED

**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

COASTAL CRAFTS



SEA TURTLE

MAY 12TH

12:30 PM

\$8.00



SEAHORSE

MAY 19TH

1:00 PM

\$8.00



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**WILLIAMS
STRAWBERRY
FARM**

FRIDAY, MAY 16TH

8:45 AM

STRAWBERRY PICKING,
DELICIOUS STRAWBERRY
BISCUITS, &
HOMEMADE ICE CREAM



THURSDAY, MAY 29TH

12:05 PM

**COST - \$17.00
PLUS LUNCH**

TIDES Vs IRONPIGS



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

MAY IS AMERICAN STROKE AWARENESS MONTH

Stroke is the fifth leading cause of death in the U.S. and a leading cause of adult disability.

Someone in the U.S. has a stroke about once every 40 seconds.

Major risk factors for stroke include high blood pressure, smoking, diabetes, high cholesterol, heart disease and atrial fibrillation.

You may be able to prevent stroke or reduce your risk through healthy lifestyle changes.

Medicare covers several preventive services at no cost that may improve your health.

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

COME JOIN US FOR
MOVIE AND POPCORN

FRIDAY, MAY 16TH

FRIDAY, MAY 30TH

1:00 PM

**MAY
16TH**



FREE



**MAY
30TH**



ACTIVITIES FOR MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 MOTHER'S DAY IS MAY 11TH			1 Meal 11:00 AM GAME DAY 12:00 PM	2 Meal 11:00 AM BIRTHDAY CELEBRATION 12:00 PM
5 CHAIR YOGA 9:00 AM MI CANCUN 10:30 AM Meal 11:00 AM	6 Meal 11:00 AM BINGO 1:00 PM	7 CHAIR YOGA 9:00 AM Meal 11:00 AM	8 Meal 11:00 AM GAME DAY 12:00 PM	9 MOTHER'S DAY SHOPPING & LUNCH 8:30 AM Meal 11:00 AM
12 CHAIR YOGA 9:00 AM Meal 11:00 AM CRAFT 12:30 PM	13 Meal 11:00 AM EMS 12:00 PM BINGO 1:00 PM	14 CHAIR YOGA 9:00 AM BINGO CRUISE 10:00 AM Meal 11:00 AM	15 SCAM JAM LUNCH PROVIDED 10:00AM - 12:00PM GAME DAY 12:00 PM	16 STRAWBERRY FARM 8:45 AM Meal 11:00 AM MOVIE DAY 1:00 PM
19 CHAIR YOGA 9:00 AM Meal 11:00 AM CRAFT 1:00 PM	20 Meal 11:00 AM BROOKDALE BINGO 1:00 PM	21 CHAIR YOGA 9:00 AM Meal 11:00 AM	22 Meal 11:00 AM GAME DAY 12:00 PM	23 MEMORIAL DAY COOKOUT 11:00 AM 
26 CLOSED 	27 Meal 11:00 AM EMS 12:00 PM BINGO 1:00 PM	28 CHAIR YOGA 9:00 AM Meal 11:00 AM	29 TIDES BASEBALL 10:00 AM Meal 11:00 AM GAME DAY 12:00 PM	30 Meal 11:00 AM MOVIE DAY 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*

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



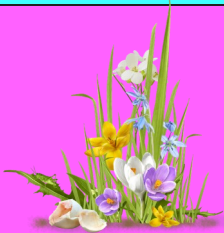


Computers: Monday - Friday 8:00 AM - 4:30 PM

Exercise Room: Monday - Friday 7:00 AM - 4:30 PM

GYM assistance for equipment by appointment only



LUNCH MENU FOR MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Open Faced Hot Roast Beef & Cheese Sub, Tossed Salad, Mashed Potatoes & Gravy, Fruit Cocktail, Banana Bread and Milk	2 Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fresh Fruit, Bread, Cake and Milk
5 Smoked Sausage on Bun, Baked Beans, Baked Apples, Pudding and Milk	6 Chef Salad w/Ham, Turkey & Cheese, Macaroni Salad, Pineapple Tidbits, Crackers, Cookie and Milk	7 BBQ Chicken Boneless Thigh, Peas, Macaroni & Cheese, Peaches, Corn Muffin and Milk	8 Lasagna w/Ground Beef, California Blend, Corn, Garlic Bread, Peach Cobbler, Juice and Milk	9 Chicken Salad on Lettuce, Broccoli Salad, Pasta Salad, Crackers, Fresh Orange, Cake and Milk
12 Sliced Ham, Cabbage, Potatoes Au Gratin, Pineapple Tidbits, Cornbread, Cake and Milk	13 Baked Fish Fillet Pattie on Bun, Green Beans, Blueberry Crisp and Milk	14 Oven Fried Chicken Breast, Broccoli, Macaroni Salad, Pears, Roll, Cake and Milk	15 Turkey & Cottage Cheese on Lettuce, Potato Salad, Pears, Crackers and Milk 	16 Hamburger Steak w/Gravy, Peas & Carrots, Brown Rice, Fresh Fruit, Roll, Brownie and Milk
19 Baked Turkey Breast w/Gravy, Cooked Carrots, Macaroni & Cheese, Baked Apples, Pudding, Roll and Milk	20 Chicken Salad on Lettuce, Cucumber & Tomato Salad, Pasta Salad, Crackers, Grapes, Juice and Milk	21 Cheeseburger, Green Beans, Apple Crisp, and Milk	22 Roast Beef & Cheese Sub, Tossed Salad, Fruit Cocktail, Cake and Milk	23 Minced BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Orange and Milk
26 CLOSED 	27 Tuna Salad on Lettuce, Cucumber Salad, Macaroni Salad, Crackers, Cookies, Juice and Milk	28 Pork Chop, Broccoli Salad, Potatoes Au Gratin, Pineapple Tidbits, Jello, Cornbread and Milk	29 Open Faced Hot Roast Beef & Cheese Sub, Tossed Salad, Mashed Potatoes & Gravy, Fruit Cocktail, Banana Bread and Milk	30 Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fresh Fruit, Bread, Cake 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



MAY BIRTHDAYS



Winfred Abbott
Clarence Ainsley
Mildred Barnes
Betty Breger
Eva Bush
Jimmy Calvert
Sandy Chaffin
Linda Coleman
Cherylynn Collins
Christina Corbo
Edmun Davis
Melinda Delgarbino
Marcia Forbes
Wilton Forbes Jr.
Martha Goodman

Janet Harrell
John Heilig
Erik King
James Lang
Betty Lucksinger
Rick Markham
Dianne Meads
Joan Metzger
Bethany Mohler
Anita Moody



Brenda Needham
Michael Needham
Doris Nixon
James Overton
David Parks
JoAnne Parrish
James Patterson
Becky Phelps
Jonola Roundtree
Teri Smith
Lawrence St.Clair
Lisa Tarrants
Trisha Wilkins
Kay Wissman
David Workenaour

Birthday Celebration

JOIN US TO CELEBRATE

MAY BIRTHDAYS

FRIDAY, MAY 2ND
12:00 PM



PICKLEBALL NIGHTS

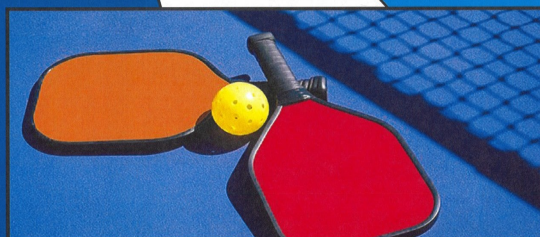
Tuesdays 6-8pm

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

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

Shredders will
be raffled off
by the Center



**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, May 5, 2025 7:00 PM

Monday, June 2, 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, May 6th & 20th, 9:30 AM-11:00 AM

Located at Camden Methodist Church:

A Global Methodist Community

Contact (252) 339-0505 for more information.