

# THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME ISSUE

7



3

MARCH 2025



## LUNCH BUNCH

**OLD COLONY SMOKEHOUSE**  
EDENTON, NC

FRIDAY, MARCH 21<sup>ST</sup>  
DEPARTURE TIME - 10:00 AM  
LIMITED SPOTS AVAILABLE

PRE-REGISTRATION IS REQUIRED



## TOPSIDE FRIED CHICKEN LUNCH

FRIDAY, MARCH 14<sup>TH</sup>  
11:30 AM

SIGN-UP BY  
TUESDAY, MARCH 11<sup>TH</sup>  
COST \$5.00

## LUNCH BUNCH STORY'S SEAFOOD

HERTFORD, NC

MONDAY, MARCH 10<sup>TH</sup>  
DEPARTURE TIME - 10:15 AM  
LIMITED SPOTS AVAILABLE  
PRE-REGISTRATION IS REQUIRED

## BIRTHDAY CELEBRATION

JOIN US TO CELEBRATE

## MARCH BIRTHDAYS

FRIDAY, MARCH 28<sup>TH</sup> 1:00 PM

PRE-REGISTRATION IS REQUIRED BY TUESDAY, MARCH 25<sup>TH</sup>

## INSIDE THIS ISSUE:

SHIIP NEWS	2
MOVIES/TAX ASSISTANCE	3
ACTIVITIES	4
LUNCH MENU	5
BIRTHDAYS	6
SCAM JAM/PICKLEBALL	7
COMMUNITY INFORMATION	8



## St. Patrick's Day Craft

Wednesday, March 12<sup>th</sup>

1:00 PM

Pre-registration is required

Cost \$5.00

## Bunny Vase Craft

Monday, March 31<sup>st</sup>

1:00 PM

Pre-registration is required

Cost \$5.00





**SHIIP**  
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)

# MARCH IS National Colorectal Cancer Awareness Month

Colorectal cancer is the fourth-most common cancer in the U.S. and the second leading cause of cancer-related deaths. It affects all racial and ethnic groups and is most often found in people ages 50 and older. Screening and early detection are vital. Medicare covers certain colorectal cancer screening services—ask a SHIIP counselor for more information. Colorectal cancer is preventable, treatable and beatable!

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

COME JOIN US FOR  
**MOVIE AND POPCORN**

FRIDAY, MARCH 7<sup>TH</sup>  
FRIDAY, MARCH 21<sup>ST</sup>

1:00 PM

March  
7<sup>th</sup>



March  
21<sup>st</sup>



**ATTENTION:**  
**Senior Members**

**55+**

Do you need help  
filing your taxes?  
The Camden County  
Center for Active  
Adults is offering  
**FREE Tax**  
Assistance. Call  
today to make an  
appointment  
252-335-2569.

# ACTIVITIES FOR MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> CHAIR YOGA 9:30AM  Meal 11:00 AM	<b>4</b> Meal 11:00 AM BINGO 1:00 PM	<b>5</b> CHAIR YOGA 9:30 AM  Meal 11:00 AM  Tax Appointments (Library)	<b>6</b> SCAM JAM 10:00AM (Library) Meal 11:00 AM GAME DAY 12:00 PM	<b>7</b> Meal 11:00 AM MOVIE DAY 1:00 PM
<b>10</b> CHAIR YOGA 9:30AM Meal 11:00 AM Story's Seafood 10:15 AM	<b>11</b> Meal 11:00 AM BINGO 1:00 PM	<b>12</b> CHAIR YOGA 9:30 AM Meal 11:00 AM Tax Appt. (Library)  CRAFT 1:00 PM	<b>13</b> Meal 11:00 AM GAME DAY 12:00 PM	<b>14</b> TOPSIDE FRIED CHICKEN LUNCH 11:30 AM  
<b>17</b>  CHAIR YOGA 9:30AM  Meal 11:00 AM	<b>18</b> Meal 11:00 AM BINGO 1:00 PM	<b>19</b> CHAIR YOGA 9:30 AM Meal 11:00 AM Tax Appointments (Library)	<b>20</b> Meal 11:00 AM GAME DAY 12:00 PM	<b>21</b> Old Colony Smokehouse 10:00 AM Meal 11:00 AM MOVIE DAY 1:00 PM
<b>24</b> CHAIR YOGA 9:30AM  Meal 11:00 AM	<b>25</b> Meal 11:00 AM BINGO 1:00 PM	<b>26</b> CHAIR YOGA 9:30 AM Meal 11:00 AM Tax Appointments (Library)	<b>27</b> Meal 11:00 AM GAME DAY 12:00 PM	<b>28</b> Meal 11:00 AM BIRTHDAY CELEBRATION 1:00 PM
<b>31</b> CHAIR YOGA 9:30AM Meal 11:00 AM CRAFT 1:00 PM	 <b>TIME CHANGE                      SPRING FORWARD                      SUNDAY, MARCH 9TH</b>		 <b>HAPPY                      ST. PATRICK'S                      Monday, March 17th DAY!</b>	

**SENIOR CONGREGATE MEALS: MONDAY - FRIDAY DINE-IN ONLY AT 11:00 AM**

**FRUITS & VEGETABLES: MONDAY AND WEDNESDAY 11:30 AM \*WHEN AVAILABLE\***

**CHAIR YOGA: MONDAY AND WEDNESDAY AT 9:30 AM**

**BINGO: TUESDAY 1:00 - 2:00 PM**

**GAME DAY: THURSDAY AT 12:00 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 MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Beef Stroganoff, Green Beans, Applesauce, Cornbread, Pudding and Milk	<b>4</b> Baked Pork Chop, Collards, Potatoes Au Gratin, Fruit Crisp, Roll and Milk	<b>5</b> Meatloaf, Lima Beans, Rice, Pineapple Chunks, Roll and Milk	<b>6</b> Pork BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Orange, Graham Crackers and Milk	<b>7</b> Herbed Baked Chicken w/Gravy, Carrot Coins, Rice, Fruit, Yogurt, Roll and Milk
<b>10</b> Oven Fried Boneless Thigh, Garden Peas, Fruit, Baked Potato, Roll and Milk	<b>11</b> Spaghetti w/Meat Sauce, Tossed Salad, Baked Apples, Garlic Bread, Pudding and Milk	<b>12</b> Bratwurst Sausage on Bun, Coleslaw, Baked Beans, Brownie and Milk	 <b>13</b> Baked Turkey Breast, w/Gravy, Cooked Carrots, Bread Stuffing, Rice, Cranberry Sauce, Pudding and Milk	<b>14</b> Beef Stew w/Potatoes and Vegetables, Green Beans, Fruit Cobbler, Juice, Roll and Milk
<b>17</b> Salisbury Steak w/Gravy, Peas and Carrots, Mashed Potatoes, Pineapple Chunks, Roll, Apple Crisp and Milk	 <b>18</b> Roasted Pork w/Gravy, Rice, Succotash, Fresh Orange, Cornbread, Cookie and Milk	<b>19</b> Marinated Chicken Breast, Green Beans, Pasta, Fruit in Gelatin, Roll, Juice and Milk	<b>20</b> Seasoned Fish Filet, Broccoli, Rice Pilaf, Pineapple, Roll, Pudding and Milk	<b>21</b> Cheeseburger, Baked Beans, Baked Apples, Cake and Milk
<b>24</b> Sausage and Peppers, Cooked Carrots, Roasted Potatoes, Fruit Cobbler, Roll and Milk	<b>25</b> Baked Ham, California Blend Vegetables, Sweet Potato w/Marshmallows, Pears, Roll, Cake and Milk	<b>26</b> Chili, Broccoli, Cheese Sandwich, Jell-O, Juice and Milk	 <b>27</b> Tuna Salad, Three Bean Salad, Macaroni Salad, Fresh Orange, Crackers, Jell-O and Milk	<b>28</b> BBQ Chicken, Peas, Cinnamon Apples, Macaroni and Cheese, Cornbread and Milk
<b>31</b> Beef Stroganoff, Green Beans, Applesauce, Cornbread, Pudding and Milk	 	 <p>March 20th, First Day Of...</p>		 

## March is National Nutrition Month

### 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-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

BY BODY KINECT WELLNESS

Come join us every  
**Monday & Wednesday**  
 at 9:30 AM

**FREE**

**MUST BE A MEMBER OF THE CENTER**



# MARCH BIRTHDAYS



Francis Aydlett  
JoAnn Beasley  
Cynthia Benton  
Nancy Carey  
Todd Clark  
Kathryn Columbus  
Douglas Davenport  
Luci Doppler  
Shirley Doxey  
Linda Eason  
Maggelene Ferebee  
Hyman Gray, Jr.  
Trevor Gurganus  
Patricia Heath  
Rita Holmes  
Miriam Jeralds  
John Kesler

Donna Klein  
Tracey Leary  
Paula Ledbetter  
Darrell LaLonde  
Lois McLawhorn  
Clarence McPherson  
Vanessa McPherson  
Doreen Molloy  
Kim O'Brien  
Boyce Porter  
Trunella Prayer  
Barbara Purcell

Mary Reeves  
Noel Robinson  
Alma Rountree  
Marsha Sanderlin  
Bonnie Sawyer  
Sallie Sawyer  
Peggy Sharber  
Richard Smith  
Belinda Spencer  
Byron Spruill  
Ambrose Staples  
Juanita Staples  
Delores Tillett  
Gladys Tillett  
Dave Truskowski  
Ellen Vaughn  
Anne Wegiel



## FREE EVENT

Protect *YOURSELF* from  
**FRAUD & SCAMS**

Get the latest updates on:



Representatives from the following agencies will be in attendance:



INTERNET SCAMS

PHISHING SCAMS

IDENTIFY THEFT

MEDICARE FRAUD

MAIL FRAUD

**Thursday, March 6, 2025**  
10:00 am - 12:00 pm

**Camden County Library**  
118 NC Hwy N, Camden, NC



RSVP: 252-404-7088 -- Deadline March 3, 2025

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



# PICKLEBALL NIGHTS

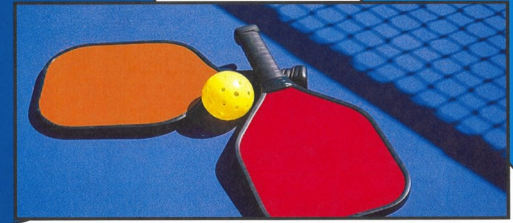
**Tuesdays 6-8pm**

**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)



## 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](http://ncshiip.com) to find out how SHIIP can help you.

Medicare Advantage  
Open Enrollment  
1/1/2025 – 3/31/2025



(252) 580-4271

3720 Patrick Way | Elizabeth City, NC

## FUNDRAISING

DINE-IN OR TO-GO

»» *Support* ««

Albemarle Commission Senior Nutrition Program  
Meals on Wheels

Monday, March 10, 2025

4 PM to 9 PM



# 10%

**DONATION NIGHT**

Support Meals on Wheels by presenting this flyer to the Elizabeth City Location and Texas Roadhouse will donate 10% of your total food purchases to the organization!

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 County Center for Active Adults  
Advisory Board Meeting  
*Tuesday, March 4, 2025*  
*5:15 pm*

All meetings will be held at the Center for Active Adults

Camden County Board of  
Commissioners' Meeting  
*Monday, March 3, 2025 7:00 PM*  
*Monday, April 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, March 4th & 18th, 9:30 AM-11:00 AM

Located at Camden Methodist Church:

A Global Methodist Community

Contact (252) 339-0505 for more information.