

# THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME ISSUE

6



11

NOVEMBER 2024

## HERE'S THE SCOOP!

### ICE CREAM SOCIAL

FRIDAY, NOVEMBER  
8TH @ 12:00 PM

PRE-REGISTRATION  
IS REQUIRED!

FREE

**CHAIR YOGA** By  
BODY KINECT WELLNESS  
Come join us every  
Monday and Wednesday  
@ 9:30 AM for  
morning yoga!



### LUNCH BUNCH MACU MUSTANG CAFE

WEDNESDAY, NOVEMBER 20TH  
DEPARTURE TIME @ 11:00 AM.

LIMITED SPOTS AVAILABLE!

PRE-REGISTRATION IS  
REQUIRED!



## Inside This Issue:

SHIIP NEWS	2
DAYS CLOSED	3
ACTIVITIES	4
LUNCH MENU	5
BIRTHDAYS	6
MOVIES	7
COMMUNITY INFORMATION	8

Daylight Saving Time  
Ends Sunday  
November 3, 2024  
Don't forget to turn  
your clocks  
back one hour.





**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)

## NOVEMBER IS AMERICAN DIABETES MONTH

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing Type 2 diabetes. Ask your SHIP counselor about Medicare-covered Diabetes Screening services.

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

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


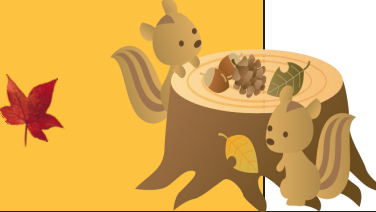































**Veterans Day  
Monday, November 11th**

**Thanksgiving  
Thursday and Friday,  
November 28th and 29th**



**NO MEALS WILL BE SERVED ON THESE DAYS.**

# ACTIVITIES FOR NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 <b>1</b> Meal @ 11:00 AM FREE MOVIE @ 1:00 PM  		
<b>4</b> Meal @ 11:00 AM CHAIR YOGA @ 9:30 AM  	<b>5</b> Meal @ 11:00 AM BINGO @ 1:00 PM 	<b>6</b> Meal @ 11:00 AM CHAIR YOGA @ 9:30 AM  	<b>7</b> Meal @ 11:00 AM 	<b>8</b> Meal @ 11:00 AM ICE CREAM SOCIAL @ 12:00 PM  
<b>11 CLOSED NO MEALS</b>  THANK YOU!	<b>12</b> Meal @ 11:00 AM BINGO @ 1:00 PM 	<b>13</b> Meal @ 11:00 AM CHAIR YOGA @ 9:30 AM  	<b>14</b> Meal @ 11:00 AM 	<b>15</b> Meal @ 11:00 AM 
<b>18</b> Meal @ 11:00 AM CHAIR YOGA @ 9:30 AM  	<b>19</b> Meal @ 11:00 AM BINGO @ 1:00 PM 	<b>20</b> Meal @ 11:00 AM CHAIR YOGA @ 9:30 AM LUNCH BUNCH @ 11:00 AM  	<b>21</b> Meal @ 11:00 AM 	<b>22</b> Meal @ 11:00 AM FREE MOVIE @ 1:00 PM  
<b>25</b> Meal @ 11:00 AM CHAIR YOGA @ 9:30 AM  	<b>26</b> Meal @ 11:00 AM BINGO @ 1:00 PM 	<b>27</b> Meal @ 11:00 AM CHAIR YOGA @ 9:30 AM  	<b>28</b> CLOSED NO MEALS 	<b>29</b> CLOSED NO MEALS



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



SHIIP Open Enrollment: By Appointment only



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 NOVEMBER

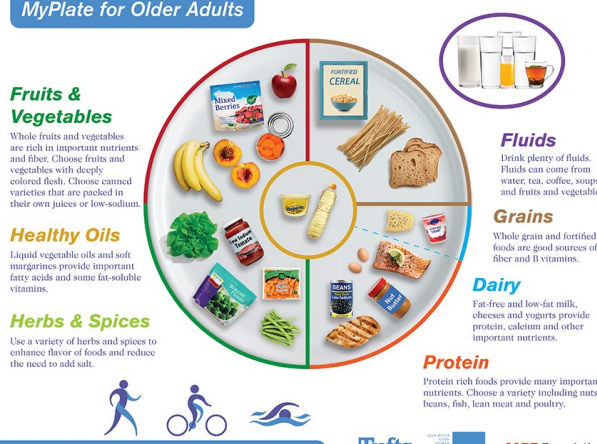
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Cheeseburger, Baked Beans, Baked Apples, Cake and Milk
<b>4</b> Sausage and Peppers, Cooked Carrots, Roasted Potatoes, Fruit Cobbler, Roll and Milk	<b>5</b> Baked Ham, California Blend Vegetables, Sweet Potato w/Marshmallows, Pears, Roll, Cake and Milk	<b>6</b> Chili, Broccoli, Cheese Sandwich, Jell-O, Juice and Milk	<b>7</b> Tuna Salad, Three Bean Salad, Macaroni Salad, Fresh Orange, Crackers, Jell-O and Milk	<b>8</b> BBQ Chicken, Peas, Cinnamon Apples, Macaroni and Cheese, Cornbread and Milk
<b>11 CLOSED NO MEALS</b> 	<b>12</b> Baked Pork Chop, Collards, Potatoes Au Gratin, Fruit Crisp, Roll and Milk 	<b>13</b> Meatloaf, Lima Beans, Brown Rice, Pineapple Chunks, Roll and Milk	<b>14</b> Pork BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Orange, Graham Crackers and Milk	<b>15</b> Herbed Baked Chicken w/Gravy, Carrot Coins, Brown Rice, Fruit, Roll and Milk
<b>18</b> Oven Fried Boneless Thigh, Garden Peas, Fruit, Baked Potato, Roll and Milk	<b>19</b> Spaghetti w/Meat Sauce, Tossed Salad, Baked Apples, Garlic Bread, Pudding and Milk 	<b>20</b> Bratwurst Sausage on Bun, Coleslaw, Baked Beans, Brownie and Milk	<b>21</b> Baked Turkey Breast, w/Gravy, Cooked Carrots, Bread Stuffing, Brown Rice, Cranberry Sauce, Pudding and Milk	<b>22</b> Beef Stew w/Potatoes and Vegetables, Green Beans, Fruit Cobbler, Juice, Roll and Milk
<b>25</b> Salisbury Steak w/ Gravy, Peas and Carrots, Mashed Potatoes, Pineapple Chunks, Roll, Apple Crisp and Milk	<b>26</b> Roasted Pork w/Gravy, Brown Rice, Succotash, Fresh Orange, Cornbread, Cookie and Milk	<b>27</b> Marinated Chicken Breast, Green Beans, Pasta, Fruit in Gelatin, Roll, Juice and Milk	<b>28</b> CLOSED NO MEALS 	<b>29</b> CLOSED NO MEALS

## 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\***

**MyPlate for Older Adults**



**Fruits & Vegetables**  
Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

**Healthy Oils**  
Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

**Herbs & Spices**  
Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.

**Fluids**  
Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

**Grains**  
Whole grain and fortified foods are good sources of fiber and B vitamins.

**Dairy**  
Fat free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

**Protein**  
Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.

Remember to Stay Active!

Tufts University, AARP Foundation



# NOVEMBER BIRTHDAYS!

FRANCIS AYDLETT  
JACKIE BAILEY  
SUZANNE BERRY  
DEBBIE BOOCK  
MICHAEL BUSH  
ELIZABETH CHADWICK  
ROBERT DENNY III  
BARBARA DUTE  
SHIRLEY GARY  
LINDA GRAY  
HELEN GREGORY  
LEE GREGORY  
LUCY HOLLEY  
JOHN HUDSON

IRENE JACK  
THOMAS JACKSON  
HOWARD JONES  
PEGGY KIGHT  
RICHARD KING  
EVA LITCHFIELD  
DEBRA MARION  
BRENDA MARX  
MARY ANN MASON  
JEFF MASTERSON  
MICHAEL MATTHEWS  
BERTHA MCCOY  
LYNNE MCLAIN

ANNA MIZELLE  
CORKY MORSE  
SHARON MYERS  
EDWARD PARSONS  
NAN RITTER  
JIMMY ROUSE  
DELORES SADLER  
WAVERLY SAWYER  
JUDY SENTERS  
CHERYL STAPLES  
TRACY STEVENS  
EDWARD TURNER  
PENNIE WILLIAMS



## HAPPY BIRTHDAY!



COME JOIN US FRIDAY, NOVEMBER 1ST  
AND FRIDAY, NOVEMBER 22ND  
@ 1:00 PM FOR A MOVIE AND POPCORN!

Nov.  
1st



FREE



Nov.  
22nd



**Medicare costs  
hard to swallow?  
SHIP can help find the  
best Medicare Prescription  
Drug Plan for you!**



**Medicare Annual Open Enrollment Period  
October 15 – December 7**

**Changes will take effect Jan. 1, 2025**

**Call to schedule an appointment  
with a trained SHIP counselor.**

**CAMDEN CENTER FOR  
ACTIVE ADULTS**

**(252) 335-2569**

**MEDICARE HOTLINE NUMBER:  
(855) 408-1212**



**NC Senior Tar Heel Legislature Representative for Camden County:  
Dianne Meiggs (252) 340-0113 [dhm320@gmail.com](mailto:dhm320@gmail.com)**

**STAY INFORMED: [www.camdencountync.gov](http://www.camdencountync.gov)**



**Like the Camden County Senior Center Facebook page for the latest updates!**



**Camden Center for Active Adults Advisory  
Board Meetings Schedule:**

***Tuesday, December 10, 2024***

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



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

**FREE**

**Must be a member of the Center  
to play!**

***Camden County Board of  
Commissioners' Meetings***

***Monday, November 4, 2024 @ 7:00 PM***

***Monday, December 2, 2024 @ 8:30 AM***

**Camden Food Pantry 2024**

**Tuesday, November 5th & 19th, 9:30 AM-11:00 AM**

**Located at Camden Methodist Church:**

**A Global Methodist Community**

**Contact (252) 339-0505 for more information.**