

THE GOLDEN TIMES

VOLUME ISSUE

6 9



CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

SEPTEMBER 2024



SEPTEMBER COOKOUT

GUEST SPEAKER: KAYLA WHITE
ON FALLS PREVENTION
FRIDAY, SEPTEMBER 27TH
@ 11:00AM.
SIGN-UP AND PAYMENT/
CANCELLATIONS ARE
REQUIRED BY FRIDAY,
SEPTEMBER 20TH.
COST IS \$5.00.



CHAIR YOGA


By
BODY KINECT WELLNESS

Come join us every
Monday and Wednesday
@ 9:00 AM for
FREE morning yoga!



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

Must be a member of the Center to play!



THE CENTER WILL BE CLOSED MONDAY, SEPTEMBER 2ND, IN OBSERVANCE OF LABOR DAY.

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ICE CREAM SOCIAL

FRIDAY,
SEPTEMBER 13TH
@ 1:00 PM.
PRE-REGISTRATION IS REQUIRED!

FREE





SHIIP
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM



N.C. Department of Insurance •

Mike Causey, Commissioner

855-408-1212 (toll free) • www.ncdoi.com

FOR MORE INFORMATION CONTACT:
CAMDEN CENTER FOR ACTIVE ADULTS

@ (252) 335-2569

SEPTEMBER IS NATIONAL PROSTATE CANCER AWARENESS MONTH

Prostate Cancer is the most common type of cancer among men in the US, second only to skin cancer. Most cases of prostate cancer occur in men aged 65 and older and can be treated successfully when diagnosed early.

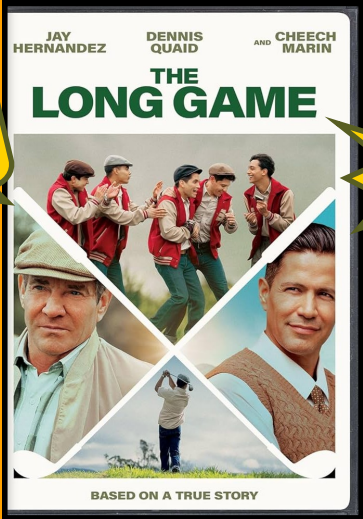
Medicare covers a number of preventive services including Prostate Cancer Screenings.

The PSA (Prostate Specific Antigen) test is covered by Medicare, with no charge to the beneficiary, once every 12 months.

Ask a SHIIP counselor for more information.

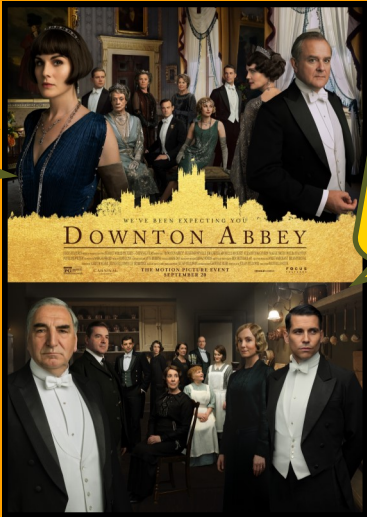
COME JOIN US FRIDAY, SEPTEMBER 6TH
AND FRIDAY, SEPTEMBER 20TH
@ 1:00 PM FOR MOVIE AND POPCORN!

Sept.
6th



FREE

Sept.
20th



ACTIVITIES FOR SEPTEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED NO MEALS 	3 Meal @ 11:00 AM BINGO @ 1:00 PM	4 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM GYM ASST 1:00 PM	5 Meal @ 11:00 AM COOKING DEMO @ 10:15 AM GAME DAY @ 12:00 PM	6 Meal @ 11:00 AM FREE MOVIE @ 1:00 PM
9 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	10 Meal @ 11:00 AM BINGO @ 1:00 PM	11 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM GYM ASST 1:00 PM	12 Meal @ 11:00 AM GAME DAY @ 12:00 PM	13 Meal @ 11:00 AM ICE CREAM SOCIAL @ 1:00 PM
16 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	17 Meal 11:00 AM BINGO @ 1:00 PM	18 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM GYM ASST 1:00 PM	19 Meal @ 11:00 AM GAME DAY @ 12:00 PM	20 Meal @ 11:00 AM FREE MOVIE @ 1:00 PM
23 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	24 Meal @ 11:00 AM BINGO @ 1:00 PM	25 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM GYM ASST 1:00 PM	26 Meal @ 11:00 GAME DAY @ 12:00 PM	27 COOKOUT @ 11:00 AM
30 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*				

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: Mondays and Wednesdays @ 9:00 AM
 Lighten up with Emily Howington Mondays @ 1:00 PM

Computers: Available 8:00 AM-4:30 PM Exercise Room: Available 7:00 AM-4:30 PM
 Times/Activities are Subject to Change! *GYM assistance for equipment 1:00 PM every Wednesday*
 Please call the Camden Center for Active Adults at (252) 335-2569.

LUNCH MENU FOR SEPTEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CLOSED NO MEALS</p> 	<p>3</p> <p>Oven Fried Chicken Breast, Broccoli, Buttered Potato w/Sour Cream, Pears, Roll, Cookies and Milk</p>	<p>4</p> <p>Minced BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Fruit, and Milk</p>	<p>5</p> <p>Turkey Club Sub, Broccoli Salad, Pineapple, Graham Crackers and Milk</p> 	<p>6</p> <p>Hamburger Steak w/Gravy, Lima Beans, Brown Rice, Fresh Fruit, Roll, Brownie and Milk</p>
<p>9</p> <p>Cheeseburger, Green Beans, Apple Crisp, and Milk</p>	<p>10</p> <p>Chicken Salad, Pickled Beets, Pasta Salad, Crackers, Cake, Juice and Milk</p> 	<p>11</p> <p>Pork Chop, Succotash, Potatoes Au Gratin, Strawberries, Cornbread, Cookie and Milk</p>	<p>12</p> <p>Baked Turkey Breast, w/Gravy, Cooked Carrots, Brown Rice, Baked Apples, Pudding, Roll and Milk</p>	<p>13</p> <p>Chef Salad w/Ham and Cheese, Potato Salad, Pita, Jell-O, Juice and Milk</p>
<p>16</p> <p>Spaghetti w/Meat Sauce, California Blend, Fresh Fruit, Bread Stick, Pudding and Milk</p>	<p>17</p> <p>Tuna Salad, Three Bean Salad, Macaroni Salad, Crackers, Cookies, Juice and Milk</p>	<p>18</p> <p>Meatloaf, Lima Beans, Brown Rice, Fresh Fruit, Brownie, Roll and Milk</p>	<p>19</p> <p>Roast Beef and Cheese Sub, Tossed Salad, Fruit Cocktail, Banana Bread and Milk</p>	<p>20</p> <p>Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fresh Fruit, Bread, Cake and Milk</p>
<p>23</p> <p>Smoked Sausage on Bun, Baked Beans, Baked Apples, Pudding and Milk</p>	<p>24</p> <p>Chef Salad w/Turkey and Cheese, Macaroni Salad, Strawberries, Crackers, Cookie and Milk</p>	<p>25</p> <p>BBQ Chicken, Peas, Macaroni and Cheese, Fresh Fruit, Corn Muffin and Milk</p>	<p>26</p> <p>Lasagna w/Ground Beef, California Blend, Corn, Garlic Bread, Juice and Milk</p>	<p>27</p> <p>Chicken Salad, Pickled Beets, Pasta Salad, Crackers, Cake, Juice and Milk</p>
<p>30</p> <p>Sliced Ham, Cabbage, Red Potatoes, Cake, Cornbread, Juice and Milk</p>				

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



COOKING DEMO & TASTING



JOIN US THURSDAY,
SEPTEMBER 5TH
@ 10:15 AM
FOR A NEW RECIPE!

FREE



SEPTEMBER BIRTHDAYS!



David Allen
Callister Baptiste
Deborah Branton
Jessie Carlson
Michael Claggett
Johnina Clark
Dorothy Cuffee
Maureen Dehart
Linda Denny
Sharon Dunavant
Gloria Floyd
Reggie Forbes
David Furlong

John Glass
Joyce Gordon
Flo Harrington
Constville Hayward
Carolyn Heath
Geneva Hines
Susan Hinkle
Linda Hinton
Ronald Inge
Harold Johnson
Barbara Lambert
Glenn Long

Hilda McClung
Ann McPherson
Vivian Neal
Tom O'Brien
Judy Overton
Chris Parsons
Charles Porter
Bradford Trafton
Rhonda Turner
Johnny Upton
Louise Walston
Jerry Wesner
Janice Young



CAMDEN HERITAGE FESTIVAL

SATURDAY SEPTEMBER 21, 2024
10AM-3PM

**FREE
ADMISSION!**



BLUE MACHINE
WILL BE THE
OPENING EVENT!



**CAMDEN COMMUNITY PARK
BEHIND CAMDEN INTERMEDIATE SCHOOL
125 NOBLITT DR. CAMDEN, NC 27921**

ACTIVITIES -
ANTIQUE FARM EQUIPMENT,
HISTORIC VILLAGE, LIVING
HISTORY, CLASSIC CARS,
FOOD TRUCKS, PETTING ZOO,
GAMES & ACTIVITIES, LIVE
ENTERTAINMENT, FACE
PAINTING, CANNING CONTEST,
WAGON RIDES, CRAFT

VENDORS
SCAN QR CODE FOR REGISTRATION
DETAILS!



RAIN DATE: SUNDAY SEPTEMBER 22, 2024 10AM-3PM

CAMDEN HERITAGE FESTIVAL HOTLINE: 252-621-3940



PICKLEBALL NIGHTS

ends for 2024 on 08/27
new Outdoor Courts coming soon
at Camden Community Park



call Camden Parks & Recreation
for more info. 338-1919 ext 239

www.camdencountync.gov



**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**



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, September 10, 2024

Tuesday, December 10, 2024

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

**Interested in receiving information, updates,
and Jacquie Lawson ecards from
the Center for Active Adults?**

**Join our Email List! Send an email to
bmansfield@camdencountync.gov
to join!**



**Camden County Board of
Commissioners' Meetings**

Tuesday, September 3, 2024 @ 7:00 PM

Monday, October 7, 2024 @ 7:00 PM

Camden Food Pantry 2024

Tuesday, September 10th & 24th, 9:30 AM-11:00 AM

**Located at Camden Methodist Church:
A Global Methodist Community**

Contact (252) 339-0505 for more information.