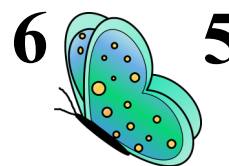


THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME ISSUE



MAY 2024

**LUNCH BUNCH
PASS THE SALT CAFE
WEDNESDAY, MAY 15TH
DEPARTURE TIME
@ 11:00 AM
LIMITED SPOTS AVAILABLE!
PRE-REGISTRATION
IS REQUIRED!**

CHAIR YOGA By

BODY KINECT WELLNESS

Come join us on Monday and
Wednesday mornings @ 9:00 AM



for relaxing,
morning
yoga!

FREE

**MOTHER'S
DAY IS
MAY 12TH!**



**THE CENTER WILL
BE CLOSED ON
MONDAY, MAY 27TH**

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MAY COOKOUT

**GUEST SPEAKER:
COUNTY MANAGER**

ERIN BURKE

FRIDAY, MAY 31ST

@ 11:00 AM

SIGN-UP AND

PAYMENT/

CANCELLATION

IS REQUIRED BY

FRIDAY, MAY 24TH.

COST IS \$5.00.



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**

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.

Ask a SHIIP counselor for more information.

COME JOIN US ON FRIDAY, MAY 3RD
AND FRIDAY, MAY 24TH @ 1:00 PM
FOR MOVIE AND POPCORN!

May
3rd



FREE

May
24th



ACTIVITIES FOR MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>OLDER AMERICANS MONTH</p> <p>POWERED BY CONNECTION: MAY 2024</p>		1 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM GYM ASST 1:00 PM	2 Meal @ 11:00 AM COOKING @ 10:15 AM GAME DAY @ 12:00 PM	3 Meal @ 11:00 AM MOVIE DAY @ 1:00 PM
6 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	7 Meal @ 11:00 AM BINGO @ 1:00 PM	8 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM GYM ASST 1:00 PM	9 Meal @ 11:00 AM GAME DAY @ 12:00 PM	10 Meal @ 11:00 AM
13 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	14 Meal @ 11:00 AM BINGO @ 1:00 PM	15 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *11:15 AM UPDATES* LUNCH BUNCH @ 11:00 AM GYM ASST 1:00 PM	16 Meal @ 11:00 AM GAME DAY @ 12:00 PM	17 Meal @ 11:00 AM
20 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	21 Meal @ 11:00 AM BINGO @ 1:00 PM	22 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM GYM ASST 1:00 PM	23 Meal @ 11:00 AM GAME DAY @ 12:00 PM	24 Meal @ 11:00 AM MOVIE DAY @ 1:00 PM
27 CLOSED NO MEALS 	28 Meal @ 11:00 AM BINGO @ 1:00 PM	29 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM GYM ASST 1:00 PM	30 Meal @ 11:00 AM GAME DAY @ 12:00 PM	31 COOKOUT @ 11:00 AM



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

****Updates with Gwen Wescott 3rd Wednesday of the month 11:15 AM****



Computers: Available 8:00 AM-4:30 PM



Exercise Room: Available 7:00 AM-4:30 PM







GYM assistance for equipment 1:00 PM every Wednesday

Times/Activities are Subject to Change!

Please call the Camden Center for Active Adults at (252) 335-2569.



LUNCH MENU FOR MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Meatloaf, Lima Beans, Brown Rice, Fresh Fruit, Brownie, Roll and Milk	2 Roast Beef and Cheese Sub, Tossed Salad, Fruit Cocktail, Banana Bread and Milk	3 Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fresh Fruit, Bread, Cake and Milk
6 Smoked Sausage on Bun, Baked Beans, Baked Apples, Pudding and Milk	7 Chef Salad w/Turkey and Cheese, Macaroni Salad, Strawberries, Crackers, Cookie and Milk	8 BBQ Chicken, Peas, Macaroni and Cheese, Fresh Fruit, Corn Muffin and Milk 	9 Lasagna w/Ground Beef, California Blend, Corn, Garlic Bread, Juice and Milk	10 Chicken Salad, Pickled Beets, Pasta Salad, Crackers, Cake, Juice and Milk
13 Sliced Ham, Cabbage, Red Potatoes, Cake, Cornbread, Juice and Milk	14 Oven Fried Chicken Breast, Broccoli, Buttered Potato w/Sour Cream, Pears, Roll, Cookies and Milk	15 Minced BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Fruit, and Milk	16 Turkey Club Sub, Broccoli Salad, Pineapple, Graham Crackers and Milk	17 Hamburger Steak w/Gravy, Lima Beans, Brown Rice, Fresh Fruit, Roll, Brownie and Milk
20 Cheeseburger, Green Beans, Apple Crisp, and Milk	21 Chicken Salad, Pickled Beets, Pasta Salad, Crackers, Cake, Juice and Milk	22 Pork Chop, Succotash, Potatoes Au Gratin, Strawberries, Cornbread, Cookie and Milk	23 Baked Turkey Breast, w/Gravy, Cooked Carrots, Brown Rice, Baked Apples, Pudding, Roll and Milk 	24 Chef Salad w/Ham and Cheese, Potato Salad, Pita, Jell-O, Juice and Milk
27 CLOSED NO MEALS 	28 Tuna Salad, Three Bean Salad, Macaroni Salad, Crackers, Cookies, Juice and Milk	29 Meatloaf, Lima Beans, Brown Rice, Fresh Fruit, Brownie, Roll and Milk	30 Roast Beef and Cheese Sub, Tossed Salad, Fruit Cocktail, Banana Bread and Milk 	31 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****

COOKING DEMO & TASTING

**JOIN US THURSDAY,
MAY 2ND @ 10:15 AM
FOR A NEW, TASTY
RECIPE!**

FREE





MAY BIRTHDAYS!



Winfred Abbott
Clarence Ainsley
Mildred Barnes
Betty Breger
Eva Bush
Jimmy Calvert
Sandy Chaffin
Linda Coleman
Cherylynn Collins
Edmun Davis
Melinda Delgarbino
Dorothy Drake
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
Jonola Roundtree
Teri Smith
Steven Spencer
Lawrence St.Clair
Lisa Tarrants
Trisha Wilkins
Kay Wissman
David Workenaour



HAPPY BIRTHDAY!



PICKLEBALL NIGHTS

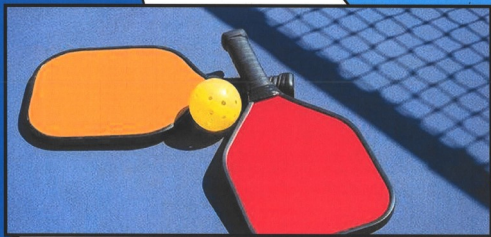
Tuesdays 6-8pm

Beginning Tuesday March 19, 2024

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

SPRING WORD SEARCH

O	K	J	G	H	P	Z	F	V	X	Y	Z
G	I	S	R	U	W	B	B	O	O	T	S
A	T	Y	A	B	L	U	E	B	I	R	D
E	E	U	S	G	A	R	D	E	N	T	H
A	H	U	S	W	Y	W	B	K	M	U	K
P	X	U	K	Q	B	L	O	S	S	O	M
M	G	L	M	S	J	B	A	R	T	R	C
J	U	R	R	B	A	N	E	R	A	G	R
A	P	F	A	V	R	W	E	W	F	S	L
T	D	R	I	Q	O	E	V	S	K	V	U
U	L	I	N	L	L	G	L	C	T	R	G
L	D	A	F	F	O	D	I	L	N	V	R
I	V	U	E	P	J	H	O	J	A	C	E
P	W	I	Q	N	C	M	U	D	O	Q	E
S	E	E	D	S	B	S	Q	C	X	Q	N



BLOSSOM
BLUEBIRD
BOOTS
CHICKS
DAFFODIL
FLOWERS

GARDEN
GRASS
GREEN
KITE
MUD
NEST

RAIN
SEEDS
TULIPS
UMBRELLA
WARM



9th Annual

THE ALBEMARLE COMMISSION AREA AGENCY ON AGING PRESENTS...

WORLD ELDER ABUSE Awareness DAY (WEAAD) WALK

You must pre-register by May 10, 2024 to Bradley Yates (252) 404-7087

Event T-Shirts will be \$5.00 (Please pre-order, there will only be a few extras on hand!!)

- Friday, June 7, 2024
- 10:00 AM- 2:00 PM
- Elizabeth City

Scan for more information OR to register!

Walk will begin at the Pasquotank County Courthouse (206 E. Main St.) & ends at Mariner's Wharf Park (400 S. Water St.) on the waterfront.
*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 4, 2024

Tuesday, September 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' Meeting

Monday, May 6, 2024 @ 7:00 PM

Monday, June 3, 2024 @ 7:00 PM

Camden Food Pantry 2024

Tuesday, May 7th & 21st, 9:30 AM-11:00 AM

Located at Camden Methodist Church:

A Global Methodist Community

Contact (252) 339-0505 for more information.