

THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME

7

ISSUE

7



JULY 2025

Peach
PICKING
Mount Pleasant Farms
ORCHARD & COUNTRY STORE
WEDNESDAY, JULY 2ND
8:30 AM

4th
of
JULY

★ COOKOUT ★
THURSDAY, JULY 3RD
11:30 AM

★ COST \$5.00 ★

HOBBY LOBBY
Berri-Licious

WEDNESDAY
JULY 9TH
12:00 PM



Honey
Hand Scrub

MONDAY, JULY 7TH
1:00 PM
COST - \$8.00

HONEY LOCALLY MADE IN CAMDEN

Christmas IN July
Mary's Ceramics
SOUTH MILLS

JULY 31ST
9:00 AM - 12:00 PM
COST - \$10.00
PLUS CERAMIC PIECE

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THURSDAY
JULY 17TH
8:30 AM

FROG ISLAND
SEAFOOD

MONDAY, JULY 28TH
10:30 AM





SHIP

SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

N.C. Department of Insurance • Mike Causey, Commissioner
855-408-1212 (toll free) • www.ncdoi.com

JULY

Staying Healthy

You can live a healthy lifestyle and prevent disease by exercising, eating well, maintaining a healthy weight and not smoking.

Medicare can help. Medicare pays for many preventive services to help keep you healthy. Preventive services can find health problems early and fight off certain diseases.

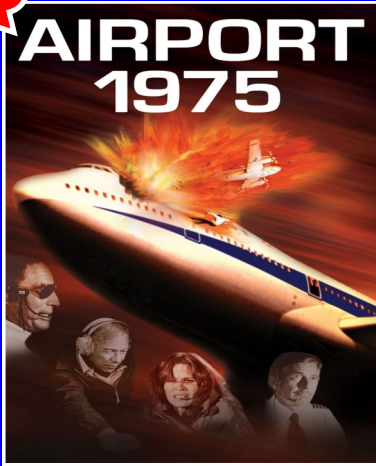
If you have Medicare, you can get a yearly wellness visit and many other preventive services.

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

MOVIE AND POPCORN

FRIDAY, JULY 18 TH
FRIDAY, JULY 25 TH





July
18TH



July
25TH



ACTIVITIES FOR JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Meal 11:00 AM BIRTHDAY CELEBRATION 12:00 PM BINGO 1:00 PM	2 PEACH PICKING 8:30 AM CHAIR YOGA 9:00 AM Meal 11:00 AM	3 4TH OF JULY COOKOUT 11:30 AM GAME DAY 1:00 PM 	4 CLOSED 
7 CHAIR YOGA 9:00 AM Meal 11:00 AM HONEY HAND SCRUB 1:00 PM	8 Meal 11:00 AM EMS 12:00 PM BINGO 1:00 PM	9 CHAIR YOGA 9:00 AM Meal 11:00 AM BERRI-LICIOUS & HOBBY LOBBY 12:00 PM	10 Meal 11:00 AM GAME DAY 12:00 PM	11 Meal 11:00 AM
14 CHAIR YOGA 9:00 AM Meal 11:00 AM	15 Meal 11:00 AM BINGO 1:00 PM	16 CHAIR YOGA 9:00 AM Meal 11:00 AM	17 ROSIE'S 8:30 AM Meal 11:00 AM GAME DAY 12:00 PM	18 Meal 11:00 AM MOVIE DAY 1:00 PM
21 CHAIR YOGA 9:00 AM Meal 11:00 AM EMS HEALTH CLASS 1:00 PM	22 Meal 11:00 AM EMS 12:00 PM BINGO 1:00 PM	23 CHAIR YOGA 9:00 AM Meal 11:00 AM DIGITAL NAVIGATOR CLASS 2:00 PM	24 Meal 11:00 AM GAME DAY 12:00 PM	25 Meal 11:00 AM MOVIE DAY 1:00 PM
28 CHAIR YOGA 9:00 AM FROG ISLAND 10:30 AM Meal 11:00 AM	29 Meal 11:00 AM BINGO 1:00 PM	30 CHAIR YOGA 9:00 AM Meal 11:00 AM	31 MARY'S CERAMICS 8:30 AM Meal 11:00 AM GAME DAY 12:00 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 JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chef Salad w/Ham, Turkey & Cheese, Macaroni Salad, Pineapple Tidbits, Crackers, Cookie and Milk	2 BBQ Chicken Boneless Thigh, Peas, Macaroni & Cheese, Peaches, Corn Muffin and Milk	3 Lasagna w/Ground Beef, California Blend, Corn, Garlic Bread, Peach Cobbler, Juice and Milk	4 CLOSED 
7 Sliced Ham, Cabbage, Potatoes Au Gratin, Pineapple Tidbits, Cornbread, Cake and Milk	8 Baked Fish Fillet Pattie on Bun, Green Beans, Blueberry Crisp and Milk	9 Oven Fried Chicken Breast, Broccoli, Macaroni Salad, Pears, Roll, Cake and Milk	10 Turkey & Cottage Cheese on Lettuce, Potato Salad, Pears, Crackers and Milk	11 Hamburger Steak w/Gravy, Peas & Carrots, Brown Rice, Fresh Fruit, Roll, Brownie and Milk
14 Baked Turkey Breast w/Gravy, Cooked Carrots, Macaroni & Cheese, Baked Apples, Pudding, Roll and Milk	15 Chicken Salad on Lettuce, Cucumber & Tomato Salad, Pasta Salad, Crackers, Grapes, Juice and Milk	16 Cheeseburger, Green Beans, Apple Crisp, and Milk	17 Roast Beef & Cheese Sub, Tossed Salad, Fruit Cocktail, Cake and Milk	18 Minced BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Orange and Milk
21 Spaghetti w/Meat Sauce, California Blend, Fresh Fruit, Bread Stick, Pudding and Milk	22 Tuna Salad on Lettuce, Cucumber Salad, Macaroni Salad, Crackers, Cookies, Juice and Milk	23 Pork Chop, Broccoli Salad, Potatoes Au Gratin, Pineapple Tidbits, Jello, Cornbread and Milk	24 Open Faced Hot Roast Beef & Cheese Sub, Tossed Salad, Mashed Potatoes & Gravy, Fruit Cocktail, Banana Bread and Milk	25 Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fresh Fruit, Bread, Cake and Milk
28 Smoked Sausage on Bun, Baked Beans, Baked Apples, Pudding and Milk	29 Chef Salad w/Ham, Turkey & Cheese, Macaroni Salad, Pineapple Tidbits, Crackers, Cookie and Milk	30 BBQ Chicken Boneless Thigh, Peas, Macaroni & Cheese, Peaches, Corn Muffin and Milk	31 Lasagna w/Ground Beef, California Blend, Corn, Garlic Bread, Peach Cobbler, Juice 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****



FREE

CHAIR YOGA

BY BODY KINECT WELLNESS

Come join us every
Monday & Wednesday
at 9:00 AM

MUST BE A MEMBER OF THE CENTER



JULY BIRTHDAYS



MICHELLE ABBOTT
MINNIE ARNOLD
CLEOPHUS AYDLETT
PAULINE BERAND
VALERIE BOGUES
GERARD BOHLEY
ROBERT BRAY
SANDRA BROOKS
MICHAEL BRUZAN
SOPHIE BRUZAN
MARGARET BUTTS
WILLIAM CANNON
JOHN CORCORAN
LARRY CUMMINGS
EVELYN DAVENPORT
DANIELLE EGEE
DORIS EVANS
GLORIA EVERETT
JOY EVERHART
CYNTHIA FRAZIER
LINWOOD GODFREY

HIRAM GODWIN, SR.
SHELIA GORDON
MARGUERITE HARRIS
CARL HEATH
KATHY JACKSON
JET JOHNSON
LAURA JOLLEY
CAROLYN JONES
KEITH KENNEDY
WILLIAM KNAUSS
WILMA LAMB
ELIZABETH LANG
BRYNDA LAROSE
CLARANN MANSFIELD



ETELKA MAYO
NANCY MEEHAN
DIANNE MEIGGS
MICHELLE MITCHELL
RANDY MIZELLE
JOHN MORRISON
KAY PASSANTE
EDWARD PEARCE
MONIQUE PIFER
BONNIE RIGGS
MYROM RIGGS
BESS SAWYER
MYRA SAWYER
MICHAELA SHOCKLEY
JANICE SIMMONS
PHYLLIS TIMMERMAN
ELIZABETH UPTON
MARTIN VAN BUREN
LOIS WILLIAMSON
ELVIN YOUNG
HENRY ZALEGOWSKI



PICKLEBALL NIGHTS

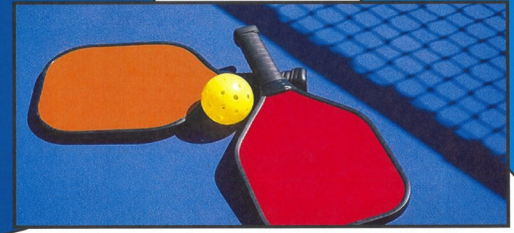
Tuesdays 6-8pm

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

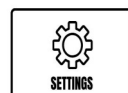


CAMDEN EMS HEALTH CLASS

- HANDS-ONLY CPR
- STROKE RECOGNITION
- FALL PREVENTION

MONDAY, JULY 21ST
1:00 PM

DIGITAL NAVIGATOR SMARTPHONE ASSISTANCE



SETTINGS



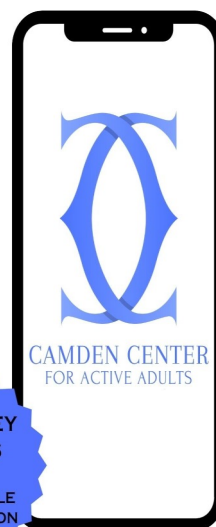
APP STORE



CAMERA



TEXT



CAMDEN CENTER
FOR ACTIVE ADULTS

JOIN
BRADLEY
YATES
FROM
ALBEMARLE
COMMISSION

WEDNESDAY, JULY 23RD
2:00 PM

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 2, 2025

Tuesday, December 2, 2025

5:15 PM

All meetings will be held at the Center for Active Adults

COME JOIN US FOR

BINGO



TUESDAYS AT 1:00 PM

FREE

MUST BE A MEMBER OF THE CENTER TO PLAY

Camden County Board of Commissioners' Meeting

Monday, July 7, 2025 7:00 PM

Monday, August 4, 2025 7:00 PM

Camden Food Pantry 2025

Tuesday, July 1st & 15th, 9:30 AM-11:00 AM

Located at Camden Methodist Church:

A Global Methodist Community

Contact (252) 339-0505 for more information.