

THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME

6

ISSUE

3



MARCH 2024



LUNCH BUNCH TONY'S PIZZA

FRIDAY, MARCH 8TH

DEPARTURE TIME

@ 11:00 AM

LIMITED



SPOTS AVAILABLE!
PRE-REGISTRATION
IS REQUIRED!

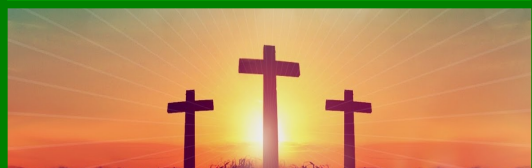
ATTENTION:

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.

**CLOSED MARCH 29TH
FOR GOOD FRIDAY**



Join us for
Chair Yoga
Mondays &
Thursdays @
9:00 AM!
It's Free!



COOKING DEMO & TASTING



JOIN US THURSDAY,
MARCH 7TH @ 10:00 AM
FOR A NEW TASTY
RECIPE!



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CHILI "COOK IN" AND VOLUNTEER APPRECIATION

FRIDAY, MARCH 22ND

@ 11:00 AM

**SIGN-UP AND PAYMENT/
CANCELLATION IS
REQUIRED BY FRIDAY
MARCH 15TH.
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

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 CENTER FOR ACTIVE ADULTS
@ (252) 335-2569

COME JOIN US FOR A MOVIE AND
POPCORN ON FRIDAY, MARCH 1ST
AND FRIDAY, MARCH 15TH @ 1:00 PM



March
1st

FREE





March
15th

ACTIVITIES FOR MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 TIME CHANGE! SPRING FORWARD, SUNDAY, MARCH 10TH		 HAPPY ST. PATRICK'S DAY! Sunday, March 17th		1 Meal @ 11:00 AM MOVIE DAY @ 1:00 PM
4 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	5 Meal @ 11:00 AM BINGO @ 1:00 PM	6 Meal @ 11:00 AM GYM ASST 1:00 PM TAX APPOINTMENTS	7 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM COOKING @ 10:00 AM GAME DAY @ 12:00 PM	8 Meal @ 11:00 AM LUNCH BUNCH @ 11:00 AM
11 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	12 Meal @ 11:00 AM BINGO @ 1:00 PM	13 Meal @ 11:00 AM GYM ASST 1:00 PM TAX APPOINTMENTS	14 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM GAME DAY @ 12:00 PM	15 Meal @ 11:00 AM MOVIE DAY @ 1:00 PM
18 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	19 Meal @ 11:00 AM BINGO @ 1:00 PM	20 Meal @ 11:00 AM *11:15 AM UPDATES* GYM ASST 1:00 PM TAX APPOINTMENTS	21 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM STAFF TRAINING: 1:00 PM - 3:00 PM DINING ROOM CLOSED	22 CHILI "COOK-IN" @ 11:00 AM
25 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM *1:00 PM LIGHTEN UP WITH EMILY*	26 Meal @ 11:00 AM BINGO @ 1:00 PM	27 Meal @ 11:00 AM GYM ASST 1:00 PM TAX APPOINTMENTS	28 Meal @ 11:00 AM CHAIR YOGA @ 9:00 AM GAME DAY @ 12:00 PM	29 CLOSED Good Friday
<div>  Senior Congregate Meals: Monday thru Friday Dine-In Only At 11:00 AM </div> <div>  Fruits & Vegetables: Monday and Wednesday 11:30 AM-12:30 PM *When Available* </div> <div>  Bread: *When Available* </div> <div>  Chair Yoga: Mondays and Thursdays @ 9:00 AM *Lighten up with Emily Howington Mondays 1:00 PM* **Updates with Gwen Wescott 3rd Wednesday of the month 11:15 AM* </div> <div>  Computers: Available 8:00 AM-4:30 PM </div> <div>  Exercise Room: Available 7:00 AM-4:30 PM *GYM assistance for equipment 1:00 PM every Wednesday* </div> <div> *Times/Activities are Subject to Change!* </div> <div> Please call the Camden Center for Active Adults at (252) 335-2569. </div>				

LUNCH MENU FOR MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Tuesday, March 19th, First Day Of... 	HAPPY EASTER SUNDAY, MARCH 31ST 		
4 Beef Stroganoff, Green Beans, Applesauce, Cornbread, Pudding and Milk	5 Baked Pork Chop, Collards, Potatoes Au Gratin, Fruit Crisp, Roll and Milk 	6 Meatloaf, Lima Beans, Rice, Pineapple Chunks, Roll and Milk	7 Pork BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Fruit, Graham Crackers and Milk	8 Chicken Salad, Beets, Pasta Salad, Crackers, Cake, Juice and Milk
11 Oven Fried Leg Quarters, Garden Peas, Fruit, Baked Potato, Roll and Milk	12 Spaghetti w/Meat Sauce, Tossed Salad, Baked Apples, Garlic Bread, Pudding and Milk	13 Bratwurst Sausage on Bun, Coleslaw, Baked Beans, Brownie and Milk	14 Baked Turkey Breast, w/Gravy, Cooked Carrots, Bread Stuffing, Brown Rice, Cranberry Sauce, Pudding and Milk 	15 Beef Stew w/Potatoes and Vegetables, Green Beans, Fruit Cobbler, Juice, Roll and Milk
18 Salisbury Steak w/ Gravy, Peas and Carrots, Mashed Potatoes, Pineapple Chunks, Roll, Apple Crisp and Milk	19 Roasted Pork w/Gravy, Stewed Potatoes, Succotash, Fresh Orange, Cornbread, Cookie and Milk 	20 Beef Tips w/Gravy Over Rice, Sauteed Spinach, Fruit Cobbler, Roll and Milk	21 Seasoned Fish Fillet, Broccoli, Potatoes Au Gratin, Strawberries, Roll, Pudding and Milk	22 Cheeseburger, Baked Beans, Baked Apples, Cake and Milk
25 Sausage and Peppers, Cooked Carrots, Roasted Potatoes, Fruit Cobbler, Roll and Milk	26 Baked Ham, California Blend Vegetables, Sweet Potato w/Marshmallows, Pears, Roll and Milk	27 Chili, Broccoli, Cheese Sandwich, Jell-O, Juice and Milk	28 BBQ Chicken, Peas, Cinnamon Apples, Macaroni and Cheese, Cornbread and Milk	29 CLOSED Good Friday

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 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 **INRCA** **AARP Foundation**



MARCH BIRTHDAYS!



Francis Aydlett

JoAnn Beasley

Nancy Carey

Todd Clark

Kathryn Columbus

Douglas Davenport

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

Kim O'Brien

Janet Peedin

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



HAPPY BIRTHDAY!



PICKLEBALL NIGHTS

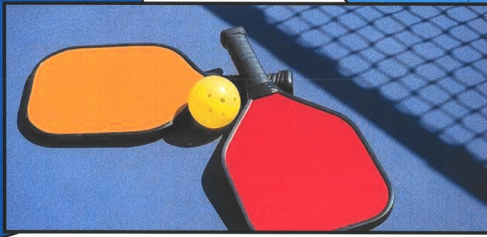
Tuesdays 6-8pm

Beginning Tuesday March 19, 2024

Ages 40 & Over

Program is for participants only. Do not bring children to the gym.

Grandy Primary Gymnasium

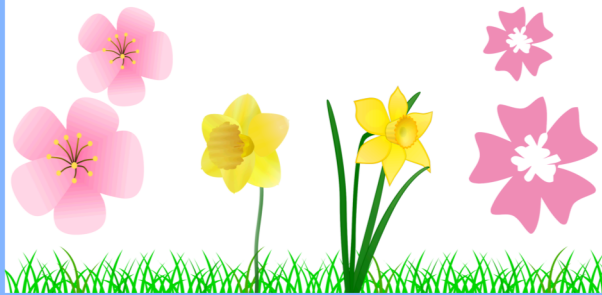


call Camden Parks & Recreation
for more info. 338-1919 ext 239
www.camdencountync.gov

Easter Word Search

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

Word list:
BASKET
BUNNY
CARROTS
CHICKS
DYE
EGGS
FIND
FLOWERS
HIDE
HOP
PEEP
RABBIT



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**
to find out how
SHIIP can help you.

The Camden Center For Active Adults
Medicare Advantage Open Enrollment
January 1, 2024 – March 31, 2024
(252) 335-2569

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, March 5, 2024

Tuesday, June 4, 2024

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

Camden County Board of
Commissioners' Meeting
Monday, March 4, 2024 @ 7:00 PM
Monday, April 1, 2024 @ 7:00 PM



Come join us for
BINGO every

Tuesday @ 1:00 PM

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

FREE

Camden Food Pantry 2024

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

Located at Camden Methodist Church:

A Global Methodist Community

Contact (252) 339-0505 for more information.