

# THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME ISSUE

7 7



JULY 2025

**Peach PICKING**

Mount Pleasant Farms

ORCHARD & COUNTRY STORE

WEDNESDAY, JULY 2<sup>ND</sup>  
8:30 AM

**4<sup>th</sup> of JULY**

★ COOKOUT ★

THURSDAY, JULY 3<sup>RD</sup>  
11:30 AM

★ COST \$5.00 ★

**HOBBY LOBBY**

*Berri-Licious*

WEDNESDAY  
JULY 9<sup>TH</sup>  
12:00 PM

**Honey Hand Scrub**

MONDAY, JULY 7<sup>TH</sup>  
1:00 PM  
COST - \$8.00

HONEY LOCALLY MADE IN CAMDEN

**Christmas IN July**

Mary's Ceramics  
SOUTH MILLS

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

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**ROSIE'S**  
777  
GAMING EMPORIUM

THURSDAY  
JULY 17<sup>TH</sup>  
8:30 AM

**FROG ISLAND**  
SEAFOOD

MONDAY, JULY 28<sup>TH</sup>  
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](http://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.

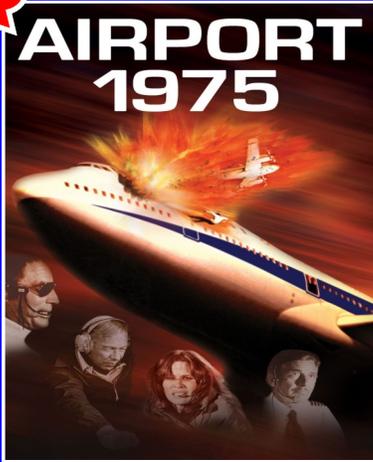
FOR MORE INFORMATION CONTACT:  
CAMDEN COUNTY CENTER FOR ACTIVE ADULTS (252) 335-2569

# MOVIE AND POPCORN

FRIDAY, JULY 18 TH  
FRIDAY, JULY 25 TH

July  
18TH

July  
25TH



# ACTIVITIES FOR JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Meal 11:00 AM BIRTHDAY CELEBRATION 12:00 PM BINGO 1:00 PM	<b>2</b> PEACH PICKING 8:30 AM CHAIR YOGA 9:00 AM Meal 11:00 AM	<b>3</b> 4TH OF JULY COOKOUT 11:30 AM GAME DAY 1:00 PM 	<b>4</b> <b>CLOSED</b> 
<b>7</b> CHAIR YOGA 9:00 AM Meal 11:00 AM HONEY HAND SCRUB 1:00 PM	<b>8</b> Meal 11:00 AM EMS 12:00 PM BINGO 1:00 PM	<b>9</b> CHAIR YOGA 9:00 AM Meal 11:00 AM BERRI-LICIOUS & HOBBY LOBBY 12:00 PM	<b>10</b> Meal 11:00 AM GAME DAY 12:00 PM	<b>11</b> Meal 11:00 AM
<b>14</b> CHAIR YOGA 9:00 AM Meal 11:00 AM	<b>15</b> Meal 11:00 AM BINGO 1:00 PM	<b>16</b> CHAIR YOGA 9:00 AM Meal 11:00 AM	<b>17</b> ROSIE'S 8:30 AM Meal 11:00 AM GAME DAY 12:00 PM	<b>18</b> Meal 11:00 AM MOVIE DAY 1:00 PM
<b>21</b> CHAIR YOGA 9:00 AM Meal 11:00 AM EMS HEALTH CLASS 1:00 PM	<b>22</b> Meal 11:00 AM EMS 12:00 PM BINGO 1:00 PM	<b>23</b> CHAIR YOGA 9:00 AM Meal 11:00 AM DIGITAL NAVIGATOR CLASS 2:00 PM	<b>24</b> Meal 11:00 AM GAME DAY 12:00 PM	<b>25</b> Meal 11:00 AM MOVIE DAY 1:00 PM
<b>28</b> CHAIR YOGA 9:00 AM FROG ISLAND 10:30 AM Meal 11:00 AM	<b>29</b> Meal 11:00 AM BINGO 1:00 PM	<b>30</b> CHAIR YOGA 9:00 AM Meal 11:00 AM	<b>31</b> 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
	<b>1</b> Chef Salad w/Ham, Turkey & Cheese, Macaroni Salad, Pineapple Tidbits, Crackers, Cookie and Milk	<b>2</b> BBQ Chicken Boneless Thigh, Peas, Macaroni & Cheese, Peaches, Corn Muffin and Milk	<b>3</b> Lasagna w/Ground Beef, California Blend, Corn, Garlic Bread, Peach Cobbler, Juice and Milk	<b>4</b> <b>CLOSED</b> 
<b>7</b> Sliced Ham, Cabbage, Potatoes Au Gratin, Pineapple Tidbits, Cornbread, Cake and Milk	<b>8</b> Baked Fish Fillet Pattie on Bun, Green Beans, Blueberry Crisp and Milk	<b>9</b> Oven Fried Chicken Breast, Broccoli, Macaroni Salad, Pears, Roll, Cake and Milk	<b>10</b> Turkey & Cottage Cheese on Lettuce, Potato Salad, Pears, Crackers and Milk	<b>11</b> Hamburger Steak w/Gravy, Peas & Carrots, Brown Rice, Fresh Fruit, Roll, Brownie and Milk
<b>14</b> Baked Turkey Breast w/Gravy, Cooked Carrots, Macaroni & Cheese, Baked Apples, Pudding, Roll and Milk	<b>15</b> Chicken Salad on Lettuce, Cucumber & Tomato Salad, Pasta Salad, Crackers, Grapes, Juice and Milk	<b>16</b> Cheeseburger, Green Beans, Apple Crisp, and Milk	<b>17</b> Roast Beef & Cheese Sub, Tossed Salad, Fruit Cocktail, Cake and Milk	<b>18</b> Minced BBQ Sandwich, Coleslaw, Buttered Potatoes, Fresh Orange and Milk
<b>21</b> Spaghetti w/Meat Sauce, California Blend, Fresh Fruit, Bread Stick, Pudding and Milk	<b>22</b> Tuna Salad on Lettuce, Cucumber Salad, Macaroni Salad, Crackers, Cookies, Juice and Milk	<b>23</b> Pork Chop, Broccoli Salad, Potatoes Au Gratin, Pineapple Tidbits, Jello, Cornbread and Milk	<b>24</b> Open Faced Hot Roast Beef & Cheese Sub, Tossed Salad, Mashed Potatoes & Gravy, Fruit Cocktail, Banana Bread and Milk	<b>25</b> Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fresh Fruit, Bread, Cake and Milk
<b>28</b> Smoked Sausage on Bun, Baked Beans, Baked Apples, Pudding and Milk	<b>29</b> Chef Salad w/Ham, Turkey & Cheese, Macaroni Salad, Pineapple Tidbits, Crackers, Cookie and Milk	<b>30</b> BBQ Chicken Boneless Thigh, Peas, Macaroni & Cheese, Peaches, Corn Muffin and Milk	<b>31</b> 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\***



CHAIR YOGA

BY BODY KINECT WELLNESS

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

MUST BE A MEMBER OF THE CENTER

FREE



# 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**



**Birthday  
Celebration**

JOIN US TO CELEBRATE

**JULY  
BIRTHDAYS**

TUESDAY, JULY 1<sup>ST</sup>  
12:00 PM

# 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](http://www.camdencountync.gov)

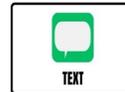
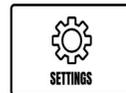


# CAMDEN EMS HEALTH CLASS

- HANDS-ONLY CPR
- STROKE RECOGNITION
- FALL PREVENTION

**MONDAY, JULY 21<sup>ST</sup>**  
**1:00 PM**

## DIGITAL NAVIGATOR SMARTPHONE ASSISTANCE



JOIN  
BRADLEY  
YATES  
FROM  
ALBEMARLE  
COMMISSION

**WEDNESDAY, JULY 23<sup>RD</sup>**  
**2:00 PM**

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



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



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



**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.