THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME 3 ISSUE 3

MARCH 2021

Easter Wreath Craft

Thursday, March 11th

2:00 p.m. to 3:00 p.m.

ALL CRAFTS ARE DONATION BASED.

PRE-REGISTRATION IS REQUIRED!

(252) 335—2569

TIME CHANGE!

SPRING FORWARD,
SUNDAY MARCH 14TH

MOBILE FREE PHARMACY

WHEN: WEDNESDAY, MARCH 17TH

WHERE: TBD CHOWAN COUNTY

TIME: 9:00 a.m.—2:00 p.m.

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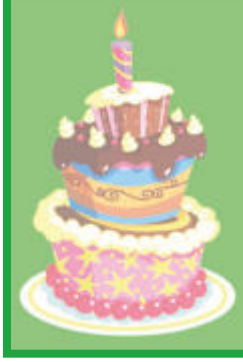
CAR BINGO!

Every Tuesday from
1:00 p.m. to 2:00 p.m.
Free of Charge. Good Luck!

MARCH BIRTHDAYS

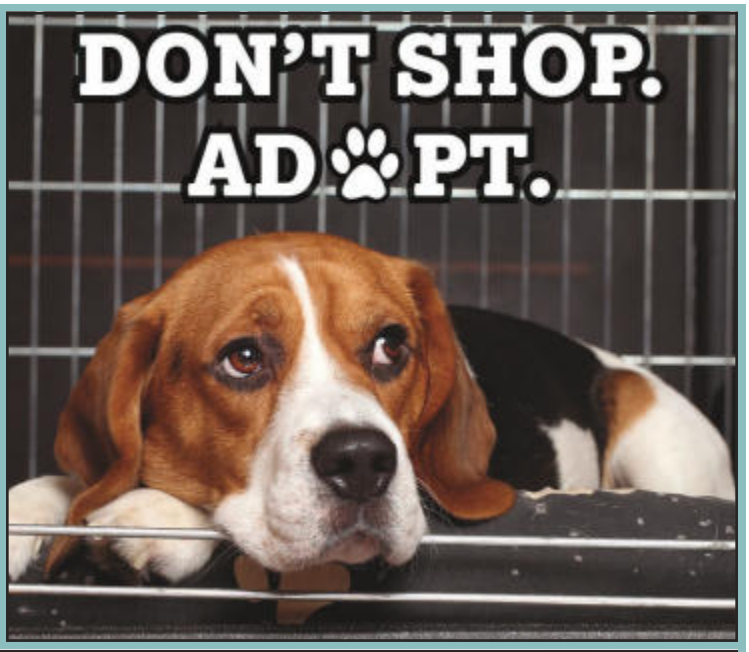
Francis Aydlett, Joann Beasley, Nancy Carey, Willie Dozier, Alvin Evans, Trevor Gurganus, John Kesler, Paula Ledbetter, Lois Mclawhorn, Boyce Porter, Trunella Prayer, Bonnie Sawyer, Richard Smith, Belinda Spencer, Byron Spruill, Gladys Tillet, Ellen Vaughn, Ann Wagiel



Medicare costs hard to swallow? SHIIP can help.

Camden County
(252) 335-2569

NC DEPARTMENT OF INSURANCE
SENIORS' HEALTH INSURANCE INFORMATION PROGRAM



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SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY

MARCH PET OF THE MONTH!

PATCHES—Marie Kerns

Submit a photo of your fur babies for the chance to be featured in next month's newsletter! Send your submissions to tspruill@camdencountync.gov

Thrive Locally

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LPi

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Your Community is Looking!

ACTIVITIES FOR MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meal Pickup (M, TUES) 11:30—12:30	2 Bingo 1:00—2:00	3 Meal Pickup (W, THUR) 11:30—12:30	4	5 Meal Pickup (F) 11:30—12:30
8 Meal Pickup (M, TUES) 11:30—12:30	9 Bingo 1:00—2:00	10 Meal Pickup (W, THUR) 11:30—12:30	11 Easter Wreath Craft 2:00—3:00	12 Meal Pickup (F) 11:30—12:30
15 Meal Pickup (M, TUES) 11:30—12:30	16 Bingo 1:00—2:00 FOOD BANK 11:00—12:00	17 Meal Pickup (W, THUR) 11:30—12:30	18	19 Meal Pickup (F) 11:30—12:30
22 Meal Pickup (M, TUES) 11:30—12:30	23 Bingo 1:00—2:00	24 Meal Pickup (W, THUR) 11:30—12:30	25	26 Meal Pickup (F) 11:30—12:30
29 Meal Pickup (M, TUES) 11:30—12:30	30 Bingo 1:00—2:00	31 Meal Pickup (W, THUR) 11:30—12:30		

Fruits and Veggies

Monday and Wednesday 11:30—12:30.

Exercise Room

Available by appointment.

Hourly slots 7:00—3:00.

Computers

Available by appointment.

Hourly slots 9:00—3:00.

To check availability please call the Camden Center for Active Adults at (252) 335—2569

TIMES ARE SUBJECT TO CHANGE!

If you'd like to be added to our email list, please send an email to tspruill@camdencountync.gov

LUNCH MENU FOR **MARCH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheese Burger, Baked Beans, Baked Cinnamon Apples, Cake, and Milk	2 Ham & Cheese Sub, Tossed Salad, Fruit Cocktail, Spice Cake, and Milk	3 Meatloaf, Lima Beans, Pineapple, Brown Rice, Roll, Milk	4 Chicken Salad, Beets, Pasta Salad, Angel Cake, Crackers, Orange Juice, and Milk	5 Baked Turkey Breast, Carrots, Cranberry Sauce, Stuffing, Brown Rice, Pudding, and Milk
8 Spaghetti w/Meat Sauce, California Blend Vegetables, Baked Spiced Apples, Garlic Bread,	9 Roast Beef Sub, Tossed Salad, Fruit Cocktail, Cake, and Milk	10 Pork BBQ Sandwich, Cole Slaw, Fresh Fruit, Buttered Potatoes, Graham Crackers, and Milk	11 Tuna Salad, Pickled Beets, Pasta Salad, Crackers, Cake, Orange Juice, and Milk	12 Beef Tips w/Gravy, Sautéed Spinach, Peaches, Brown Rice, Roll, and Milk
15 Salisbury Steak with Gravy, Peas and Carrots, Pineapple Chunks, Mashed Potatoes, Roll, Apple	16 Chicken Salad, Three Bean Salad, Macaroni Salad, Fresh Orange, Crackers, Cookie and Milk	17 Baked Ham, Cabbage, Pears, Sweet Potato w/Marshmallows, Roll, and Milk	18 Turkey Sub w/Cheese, Salad, Fruit Cocktail, Cake, and Milk	19 Oven Fried Chicken Breast, Pears, Garden Peas, Buttered Potatoes, Roll, and Milk
22 Sausage and Peppers, Carrots, Peach Cobbler, Roasted Potatoes, Roll, and Milk	23 Chicken and Cheese Tortilla Wrap, Cucumber and Tomato Salad, Peaches, Macaroni Salad, Pudding, and Milk	24 Chili, Broccoli, Baked Potato, Gelatin, Orange Juice, and Milk	25 Chef Salad w/Ham and Cheese, Strawberries, Potato Salad, Butter Cookie, Crackers, and Milk	26 Baked Pork Chop, Collards, Fruit Crisp, Potatoes, Roll, and Milk
29 Cheese Burger, Baked Beans, Baked Cinnamon Apples, Cake, and Milk	30 Ham & Cheese Sub, Tossed Salad, Fruit Cocktail, Spice Cake, and Milk	31 Meatloaf, Lima Beans, Pineapple, Brown Rice, Roll, Milk		

March is National Nutrition Month

Our Lunch Program

The Camden County Senior Center offers drive-through, catered lunches for seniors 60 and older from 11:30 am—12:30 pm Monday, Wednesday, & Friday. These are well-balanced, dietician-approved meals. Seniors must sign up with the Center and request a lunch 48 hours prior to the pickup date.

Donations Welcome

Covid-19 Vaccinations: Your best shot at stopping COVID-19.

You have a spot, take your shot. A tested, safe and effective vaccine will be available to all who want it, but supplies will be limited at first. To save lives and slow the spread of COVID-19, independent state and federal public health advisory committees recommend first protecting health care workers caring for patients with COVID-19, people who are at the highest risk of being hospitalized or dying, and those at high risk of exposure to COVID-19. Keep practicing the 3 W's—wear a mask, wait six feet apart, wash your hands—until everyone has a chance to get vaccinated.

For more information: YourSpotYourShot.nc.gov or call your local Health Department.

Camden: (252) 338—4460 / Pasquotank: (252) 338—4400

https://files.nc.gov/covid/documents/vaccines/NCDHHS-Vaccine-Infographic.pdf

1	✓	Health Care Workers and Long-term Care Staff and Residents
2	✓	Older Adults
3	✓	Frontline Essential Workers
4		Adults at High Risk for Exposure and Increased Risk of Severe Illness
5		Everyone

COVID-19 Vaccine Clinic Transportation is available now for older adults at no cost! If you need transportation to a local COVID-19 Vaccine Clinic, contact the ICPTA today! (252) 338—4480

SPREAD THE WORD:

A Thriving, Vibrant Community Matters

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NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at

www.ourseniorcenter.com

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

Anita Aguilar to place an ad today!
aaguilar@lpiseniors.com or (800) 950-9952 x2677

2021 Camden Center for Active Adults Advisory Board Meeting Schedule:

Tuesday, March 2nd, 2021

Tuesday, June 1st, 2021

Tuesday, September 7th, 2021

Tuesday, December 7th, 2021

All meetings are held at 5:15pm at the Center for Active Adults

Camden County Board of Commissioners' Meeting
Monday, March 1st @ 7:00 p.m.

STAY INFORMED:
www.camdencountync.gov

Senior Food Box
PICK UP

Food Bank of the Albemarle
Fighting Hunger in Northeast NC
FEEDING AMERICA

March 16th, 2021
11:00AM-12:00PM.
Recipients MUST be present!

Camden Food Pantry
March 2nd & March 16th, 9:30AM-11:00AM.
Located at Camden United Methodist Church.
Contact (252) 335-7565 for more information.