THE GOLDEN TIMES

CAMDEN COUNTY CENTER FOR ACTIVE ADULTS

VOLUME 3 ISSUE 5

MAY 2021

Tiki Torch Wine Bottle Craft

Thursday, May 27th

10:00 a.m. — 11:00 a.m.

All crafts are donation based!
You must be a member of the Center.
Membership is free for Camden County Citizens 55 years or older
PRE-REGISTRATION IS REQUIRED! (252) 335—2569

The Camden Center for Active Adults distributes personal hygiene item to those in need. You must be a member of the Center.

FREE Popcorn & Movie

Fools Gold

Thursday, May 13th

2:00 p.m. — 3:00 p.m.

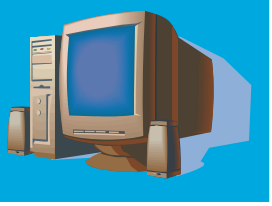
Mothers Day is May 9th, 2021!

Happy Mothers Day!

Thank you to last months meal sponsors!

<u>FREE</u> one on one computer instruction with Ben James.

Call (252) 335—2569 to schedule your appointment!



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

117 NORTH NC 343 | CAMDEN, NC 27921 | P: 252-335-2569 | F:252-331-5621

MAY BIRTHDAYS

Winfred Abott, Millie Barnes, Edmun Davis, Jimmy Calvert, Dorothy Drake, Wilton Forbes, Marcia Forbes, Trisha Wilkins, Kay Wissman, Lisa Tarrants, David Workenaour, Linda Coleman, John Heilig, Doris Nixion, Jonla Roundtree, and Steven Spencer

If you are interested in receiving beautiful animated Jacquie Lawson ecards from the Center email *tspruill@camdencountync.gov*

Medicare costs hard to swallow? SHIIP can help.

Camden County
(252) 335-2569

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Operation Fan/Heat Relief

Each year, contributions from Dominion Resources through the Division of Aging and Adult Services are made available to the Albemarle Commission Area Agency on Aging to purchase fans in support of Operation Fan/Heat Relief (OFHR). The OFHR program is intended to provide a more comfortable living environment and reduce heat related illnesses. The fans purchased are distributed to community partners throughout the region in order to reach older adults in need. The OFHR program runs annually from May-September, or until all fans have been distributed.

Applicant Eligibility Criteria:

1. Must reside in county served by the Albemarle Commission
2. Must be and adult: 60 years of age or older or with a disability
3. Must have a home situation where a threat to health and well being exists

For more information, contact Ashley Lamb at (252) 404-7088 or your local provider: Camden County Center for Active Adults (252) 335—2569

Check out the Travel Board inside the Exercise Room!

ACTIVITIES FOR **MAY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 **Meal Pickup (M, TUES) 11:30—12:30**	4 **Bingo 1:00—2:00** 	5 **Meal Pickup (W, THUR) 11:30—12:30**	6 	7 **Meal Pickup (F) 11:30—12:30**
10 **Meal Pickup (M, TUES) 11:30—12:30**	11 **Bingo 1:00—2:00**	12 **Meal Pickup (W, THUR) 11:30—12:30**	13 **FREE Popcorn & Movie** **2:00—3:00**	14 **Meal Pickup (F) 11:30—12:30**
17 **Meal Pickup (M, TUES) 11:30—12:30** **LAST DAY TO FILE TAXES****	18 **Bingo 1:00—2:00** **Food Bank 11:00—12:00**	19 **Meal Pickup (W, THUR) 11:30—12:30**		21 **Meal Pickup (F) 11:30—12:30**
24 **Meal Pickup (M, TUES) 11:30—12:30**	25 **Bingo 1:00—2:00**	26 **Meal Pickup (W, THUR) 11:30—12:30**	27 **Tiki Torch Wine Bottle Craft** **10:00—11:00**	28 **Meal Pickup (F) 11:30—12:30**
31 **Meal Pickup (M, TUES) 11:30—12:30**		*In a world where you can be anything...* **BEE KIND!**		

Fruits and Veggies—Monday and Wednesday 11:30—12:30. *When Available*

Bread—Friday 11:30—12:30. *When Available*

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!

Interested in receiving information, updates, and Jacquie Lawson ecards from the Center for Active Adults?

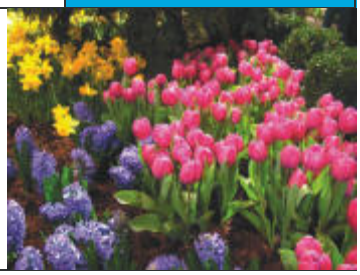
Join our Email List!

Send an email to

tspruill@camdencountync.gov

to join!

LUNCH MENU FOR **MAY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 **Lasagna, California Blend, Corn, Garlic Bread, Orange Juice and Milk**	4 **Chef Salad w/ Turkey and Cheese, Macaroni Salad, Crackers, Butter Cookie, Orange Juice, and Milk**	5 **Barbequed Chicken Leg Quarter, Fresh Fruit, Peas, Macaroni and Cheese, Corn Muffin, and Milk**	6 **Chicken Salad, Pickled Beets, Pasta Salad, Crackers, Cake, Orange Juice, and Milk**	7 **Smoked Sausage on Bun, Baked Beans, Baked Apples, Pudding, and Milk**
10 **Sliced Ham, Cabbage, Pineapple Juice, Red Potatoes, Cornbread, Chocolate Cake, and Milk**	11 **Chicken and Cheese Tortilla Wrap, Cucumber and Tomato Salad, Peaches, Macaroni Salad, Pudding, and Milk**	12 **BBQ Sandwich, Coleslaw, Fresh Fruit, Buttered Potatoes, and Milk**	13 **Turkey Sub w/Cheese, Broccoli Salad, Pineapple, Graham Crackers, and Milk**	14 **Hamburger Steak, Lima Beans, Fresh Fruit, Brown Rice, Roll, Brownie, and Milk**
17 **Cheeseburger, Green Beans, Pears, Cobbler, and Milk**	18 **Chicken Salad, Pickled Beets, Pasta Salad, Crackers, Cake, Orange Juice, and Milk**	19 **Pork Chop, Succotash, Fruit, Potatoes, Corn Bread, Cookie, and Milk**	20 **Chef Salad w/Ham and Cheese, Bread, Potato Salad, Jell-O, Orange Juice, and Milk**	21 **Baked Turkey Breast, Cooked Carrots, Baked Apples, Rice, Roll, Pudding, and Milk**
24 **Spaghetti w/Meat Sauce and Parmesan Cheese, California Blend, Fresh Fruit, Bread Stick, Pudding, and Milk**	25 **Tuna Salad, Three Bean Salad, Macaroni Salad, Chocolate Chip Cookie, Orange Juice, and Milk**	26 **Meat Loaf, Lima Beans, Fruit, Rice, Roll, Brownie, and Milk**	27 **Ham and Cheese Sub, Marinated Cucumbers and Onions, Pineapple, Graham Crackers, and Milk**	28 **Chicken Breast w/ Gravy, Broccoli and Rice Casserole, Fresh Fruit, Bread, Chocolate Cookie, and Milk**
31 **Lasagna, California Blend, Corn, Garlic Bread, Orange Juice and Milk**				

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 or cancel*** a lunch 48 hours prior to the pickup date.

Donations Welcome

MAY PET OF THE MONTH!

Maggie & Betsy Tooley—Nell Morrison

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

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at *www.mycommunityonline.com*

SHIIP
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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
Osteoporosis awareness month

Osteoporosis is a loss of bone density that can occur as we age. It is responsible for at least 2 million fractures each year. A healthy diet, one rich in fruits, vegetables, calcium, vitamin D, as well as weight-bearing and muscle strengthening exercise, are critical elements in building Peak Bone Mass and maintaining bone strength throughout our lives. Medicare covers a number of preventive services, including bone mass measurements.

OLDER AMERICANS MONTH
COMMUNITIES OF STRENGTH: MAY 2021
#OlderAmericansMonth

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to place an ad today!
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or (800) 950-9952 x2677

Elder Abuse Awareness Walk and Lunch

Tuesday, June 15th, 2021; 10:00 A.M.—1:00 P.M.
Camden Park, 125 Noblitt Dr., Camden, NC 27921
Contact Laura Jolley for more information (252) 335—2569

Free Raffle!*

Courtesy of these Sponsors

Event is free

Pre-registration required by 5/28

Free Lunch!*

Provided by Taylor's Oak Restaurant

Pre-registration required by 5/28

Guest Speakers!

We will have speakers from the
North Carolina Department of Insurance,
Camden County Sheriff's Office, Atlantic Union Bank, and more!

2021 Camden Center for Active Adults Advisory Board Meeting Schedule:

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, May 3rd, 2021 @ 7:00 p.m.

STAY INFORMED:
www.camdencountync.gov

Food Box Recipients
PICK UP
May 18th, 2021
11:00AM-12:00PM.
Recipients MUST be present!

Camden Food Pantry
May 4th & May 18th, 9:30AM-11:00AM.
Located at Camden United Methodist Church.
Contact (252) 335-7565 for more information.