

Silver Threads- May 2024

Crawford Senior Center
108 Wayah Street
Franklin, NC 28734

(828) 349-2058

(828) 369-0160 Fax

www.maconnc.org

Community Resource Center

(828) 349-0211

Jewelry Class

May 8

12:30

Limit 14

Donna's

Craft Class

May 22

12:30

Limit 14

Diamond Art

May 15

12:30

Limit 10

Call 828-349-2058 ext 0

FYZICAL Therapy & Balance Center presents Gardening Basics

May 14 @ 10:00

Learn safe body mechanics,
stretches and helpful tips so you
can enjoy your hobby all season!

Trivia Night

May 2

5:00-6:30

Senior Center

Bring a snack
to share

Bring grocery item
or cleaning supply
to share as a prize

Reminder

Please remember
to call
828-349-2058 ext. 0
to reserve or cancel
lunches by 11:30 the
day before.

Senior Services will be
closed for Memorial
Day, 5/27

NC Division of Services for the Deaf and Hard of Hearing

Hearing Screening

Sign up for a
appointment time

May 24

10:00-2:00

Senior Center

Vaya Health

presents

Neurocognitive

Disorders

and Basics of

Dementia

May 30

1:00-2:00

Senior Center

Festival of the Peonies (Wildcat Ridge Farm) in Clyde

May 15 Limit 24

We will have a picnic lunch at the festival followed by shopping in downtown Dillsboro.

Registration begins on May 7 at 10:00 with a \$5.00 donation.

Please bring exact change to reserve your spot.

Diabetes Self Management Program

Beginning

Wednesday, 5/29

Ending Monday,

7/3 12:15-2:00

Call 828-349-2058
ext 0 to register

BINGO

May 7

1:00-2:00

May 23

5:00-6:30

Senior Center

Bring a snack to
share and a prize
for the prize table

Bluegrass Music with Kornbread

Kreek

May 16

5:00-6:30

Bring a dish to share



Greeting Card Class

May 17 @ 12:30

Limit 14

The Stroke Story

May 7 @ 12:00-1:00

Program Speakers
will include
Joey Gibson

May 2024 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals come with milk</p> 	<p>Vegetables and fruits are loaded with prebiotic fiber, vitamins, minerals, and antioxidants, many of which have potent health effects.</p>	<p>1 Beef Burgundy W/rice Glazed carrots Biscuits Apple</p>	<p>2 Turkey Dressing and Gravy Green Bens Peaches Roll</p>	<p>3 Stuffed cabbage rolls with tomato sauce Boiled red potatoes Roasted carrots Roll Strawberry crisp</p>
<p>6 Chicken Sandwich Lettuce/Tomato California Blend Veggies Oven Brown Potatoes Cantaloupe</p>	<p>7 Ham and Veg Quiche Potato Salad Broccoli Mandarin Oranges Roll</p>	<p>8 Meatloaf Mashed potatoes Gravy Mixed vegetables Biscuit Apple pie</p>	<p>9 Chicken Pot Pie Sautéed Spinach Grapes Roll</p>	<p>10 Beef Tips w/gravy Rice Roasted Carrots Zucchini/Squash/ Onions Roll Lemon Pie</p>
<p>13 Chicken Taco Casserole Corn Green Beans Cornbread Pineapple upside down cake</p>	<p>14 Parmesan baked fish Stewed okra & tomatoes Wild rice Black beans Roll Banana pudding</p>	<p>15 Penne Rustica Zucchini/Squash/ Onions Salad with dressing Garlic bread stick Cherry cobbler</p>	<p>16 Baked Potato Broccoli & Cheese Sour Cream Ham Roll Brownie</p>	<p>17 Beef Brisket Baked Beans Coleslaw Blackberry Cobbler Roll</p>
<p>20 Baked Spaghetti Tossed Salad Dressing Garlic toast Pears</p>	<p>21 Pinto Beans Mac & Cheese Turnip greens Cornbread Spiced fruit Vinegar</p>	<p>22 Pork Loin Black Eye Peas Green Beans Cornbread Muffin Cherry Cobbler Orange Juice</p>	<p>23 Tuna Salad on Croissant Tomato Slices Leaf Lettuce Italian Cucumber Onion Salad Strawberries</p>	<p>24 Chicken Tenders Broccoli Potato Salad Roll Pineapple</p>
<p>27 Closed for Memorial Day</p> 	<p>28 Hamburger w/bun Lettuce/Tomato Potato Wedges Baked Beans Watermelon</p>	<p>29 BBQ Chicken Parsley New Potatoes Green Peas Coleslaw Cake with vanilla icing</p>	<p>30 Sausage & rice casserole Baby limas Roll Peach shortcake</p>	<p>31 BBQ Pork w/bun Baked Sweet Potato Coleslaw Lemon Bar Orange Juice</p>

Please call 828-349-2058 ext. 0 for reservations or cancellations

Everyday May Activity Page

MONDAY

10:00-Yoga with Terry (Z)
 11:00-Tai Chi (Z)
 11:00-Innersize (CB)
 12:00-Simple Effective (SC)
 1:00-Bridge (SC)
 1:00-Tai Chi (SC) (Z)
 1:00- Walking (CB)
 2:00-Chair Yoga (SC)
 3:00-Chair Volleyball (SC)

TUESDAY

9:00-Conditioning (SC)
 10:00-Outdoor Tai Chi (TS)
 12:15-Let's Sing (SC)
 12:30-Mahjong (SC)
 1:00-Seated Tai Chi (SC)
 1:00-Kings Row (SC)
 2:15-Dance Party (SC)
 3:15 Chair Volleyball

WEDNESDAY

11:00-Tai Chi (Z)
 11:00-Gentle Yoga (CB)
 1:00-Pinochle (SC)
 1:00-Tai Chi (SC) (Z)
 1:00-Walking (CB)
 3:00-Chair Volleyball (SC)

THURSDAY

1:00-Seated Tai Chi (SC)
 2:00-Chair Yoga (SC)
 3:00-Chair Volleyball (SC)

FRIDAY

9:00-Conditioning (SC)
 10:00-Outdoor Tai Chi (TS)
 12:00-Simple Exercise (SC)
 1:00-Kings Row (SC)
 1:00-Walking (CB)
 1:00-Qigong(SC)
 1:00-Tai Chi (Z)
 2:00-Discover Mindfulness (SC)

May Special Activities

MONDAY



TUESDAY

SC - Senior Center
CB- Community Building
Z- Zoom
TS-Tassi Shelter

WEDNESDAY

1

THURSDAY

2
 Dementia Support Group 2:00 (SC)
 Trivia Night 5:00 (SC)

FRIDAY

3

6

7
 Blood Pressure Check 10:00 (SC)
 The Stroke Story 12:00(SC)
 Bingo 1:00 (SC)

8

Jewelry Class 12:30 (SC)
 Teen Techs 3:30 (SC)

9

Water Pencil Class 3:00 (SC)

10



13



14

15
 Festival of Peonies Trip 10:00
 Diamond Art 12:30 (SC)
 Teen Techs 3:30 (SC)

16

Water Pencil Class 3:00 (SC)
 Bluegrass Music 5:00 (SC)

17

Greeting Card Class 12:30 (SC)
 MS Support Group 2:00 (SC)

20

21
 Blood Pressure Check 10:00 (SC)

22

Donna's Craft Class 12:30 (SC)

23

VIP Support Group 2:00 (SC)
 Water Pencil Class 3:00 (SC)
 BINGO 5:00 (SC)

24

Hearing Screening 9:00 (SC)

27

Closed



28

29

Diabetes Self Management 12:15 (SC)

30



31



MEMORIAL DAY MAY 27th Word Search



See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

- | | | | |
|---------------|-------------|---------------|---------------|
| 1. Veterans | 5. Flowers | 9. Remember | 13. Ceremony |
| 2. Decoration | 6. Memorial | 10. May | 14. Sacrifice |
| 3. Day | 7. Service | 11. Americans | 15. Heroes |
| 4. Flags | 8. Honor | 12. Holiday | 16. Freedom |