

# Silver Threads-April 2025

Crawford Senior Center (828) 349-2058 Community Resource Center  
 108 Wayah Street (828) 369-0160 Fax (828) 349-0211  
 Franklin, NC 28734 www.maconnc.org

## Diamond Art Class

April 2  
12:30

## Craft Class

April 9  
12:30

## Greeting Card Class

April 4  
12:30

## Rock Painting

April 11  
12:30

## Jewelry Class

April 16  
12:30

Call 828-349-2058 ext 0

## Women's Easter Party



April 17  
1:00

Bring a finger food to share

Want to learn more about social media and emails? Tori our Digital Navigator is the person to see.



April 25  
12:30

## Prescription Drug Take Back



Franklin Police Department will be collecting unused or out of date medications

April 25  
10:30-12:30



## Presents Prehabilitation

Learn how Pre Hab can help you with your daily activities, and with old or new nagging pains & injuries.

April 23  
12:00



## Presents

## An Overview of Mental Health

April 24  
12:30

## Gem Mining at Rose Creek Mine April 16

**Registration begins on April 8 at 10:00. Must register in person. Please bring a \$5 donation for transportation, and \$20 for Gem Mining. Please bring exact change to reserve your spot.**



## Chronic Pain Self-Management Program

Starting April 8  
1:00

## Men's Coffee Time

April 15  
10:00



Come have a cup of coffee and get to know each other

Need help with your cell phone? laptop?

Teen Techs can help!  
4/9 and 4/23  
at 3:30



Call 828-349-2058 ext. 0

## World Tai Chi Day



April 26  
9:30-12:30 at Macon County Environmental Resource Center

Covered dish afterwards

Tai Chi begins at 10:00

Senior Center will be closed for Good Friday, 4/18



April 10  
5:00

Bring a prize and finger food to share

*Partnering to promote, protect, and strengthen our community*

# April 2025 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Lemon Baked Fish Steamed Broccoli Tomato Casserole Roll Coconut Cake</p>	<p>2 Salisbury Steak Mashed Potatoes w/Gravy Stewed Okra and Tomatoes Roll Chocolate Cake w/Icing</p>	<p>3 Pinto Beans Mac &amp; Cheese Turnip Greens Cornbread Spiced Fruit Vinegar</p>	<p>4 Hotdog w/Bun Chili Oven Baked Fries Coleslaw Marshmallow Fluff</p>
<p>7 Chicken Chop Suey Rice Roasted Broccoli Pineapple Slices Roll Oatmeal Cookie Orange Juice</p>	<p>8 Penne Rustica Zucchini/Squash/ Onions Salad with Dressing Garlic Bread Stick Cherry Cobbler</p>	<p>9 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie</p>	<p>10 Tuna Salad w/Croissant Lettuce and Tomato Italian Cucumber Onion Salad Strawberries</p>	<p>11 Sausage and Rice Casserole Baby Limas Roll Peach Shortcake</p>
<p>14 Chicken Pot Pie Sautéed Spinach Grapes Roll</p>	<p>15 Sweet and Sour Meatballs Rice Carrots Sugar Snap Peas Roll Pineapple Upside Cake</p>	<p>16 Herb Baked Chicken Potato Salad Orange Kissed Beets Orange Roll</p>	<p>17 Ham Sweet Potato Casserole Green Beans Roll Coconut Cake Orange Juice</p>	<p>18 Closed for Good Friday</p> 
<p>21 Ham and Veg Quiche Potato Salad Broccoli Mandarin Oranges Roll</p>	<p>22 Easy Beef Burgundy Noodles Glazed Carrots Biscuit Apple</p>	<p>23 Pork Loin Sauerkraut Roasted Root Vegetables Biscuit Apple Pie</p>	<p>24 Baked Potato Broccoli and Cheese Ham Sour Cream Roll Brownie</p>	<p>25 Parmesan Baked Chicken Potato Casserole Marinated Cucumbers, Tomatoes, Onions Cantaloupe Roll</p>
<p>28 BBQ Pork w/Bun Baked Sweet Potato Coleslaw Lemon Bar Orange Juice</p>	<p>29 Lasagna Tossed Salad w/Dressing Green Beans Garlic Toast Ambrosia Fruit Salad</p>	<p>30 Chicken and Dumplings Roasted Brussels Sprouts Roll Chocolate Pudding Apple</p>	<p>Select high-fiber foods like whole-grain breads and cereals, beans, unsalted nuts and seeds, deeply colored vegetables (like green beans), and fruits.</p>	<p>All meals come with milk</p> 

Please call 828-349-2058 ext. 0 by 11:30 the day before for reservations or cancellations

# Everyday April Activity Page

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-Yoga with Terry (Z) (CB) 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)	9:00-Conditioning (SC) 10:00 Chair Yoga with Jamie (SC) 12:15-Let's Sing (SC) 12:30-Mahjong (SC) 1:00-Seated Tai Chi (SC) 2:15-Zumba Gold (SC) 3:15 Chair Volleyball (SC)	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)	10:00 Chair Yoga with Jamie (SC) 1:00-Seated Tai Chi (SC) 2:00-Chair Yoga (SC) 3:00-Chair Volleyball (SC)	9:00-Conditioning (SC) 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)

## April Special Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Diamond Art 12:30 (SC)	3 Dementia Support Group 2:30 (SC)	4 Greeting Card Class 12:30 (SC)
7	8 Chronic Pain Self Management 1:00 (SC)	9 Craft Class 12:30 (SC)  Teen Techs 3:30 (SC)	10 Disabilities Partners 10:30 (SC)  Bingo 5:00 (SC)	11 Rock Painting 12:30 (SC)
14 	15 Men's Coffee Time 10:00 (SC)  BP Check 10:00 (SC)  Chronic Pain Self Management 1:00 (SC)	16 Gem Mining at Rose Creek Mine  Jewelry Class 12:30 (SC)	17 Women's Easter Party 1:00 (SC)	18 Closed for Good Friday  
21	22 Chronic Pain Self Management 1:00 (SC)  	23 Benefits of Pre-hab 12:00 (SC)  Teen Techs 3:30 (SC)	24 An Overview on Mental Health 12:30 (SC)  VIP Support 2:00 (SC)	25 Computer Time with Tori 12:30 (SC)  Prescription Drug Take Back 12:30 (SC)
28	29 Chronic Pain Self Management 1:00 (SC)	30	<b>Senior Center Talent show coming in June. Start practicing.</b>	SC - Senior Center CB- Community Building Z- Zoom



# Spring Word Search



Solve the following puzzle by finding all the hidden words!

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

BIRD  
TULIP  
FLOWER

CHICK  
RAIN  
BUNNY  
BUDS

TREE  
BLOOM  
SUN

