

Silver Threads- April 2024

Crawford Senior Center
108 Wayah Street
Franklin, NC 28734

(828) 349-2058

(828) 369-0160 Fax (828) 349-0211

www.maconnc.org

Community Resource Center

Jewelry Class

April 3

12:30
Limit 14

Call 828-349-2058 ext 0 to register

Donna's Craft Class April 17

12:30
Limit 14

Diamond Art April 24

1:00
Limit 10

WNC Nature Center of Asheville

Registration begins April 3 at 10:00 with Senior group admission \$13.35 and a \$5.00 donation. Must have admission fee to register. Lunch at Cracker Barrel before Nature Center.

April 10
Limit 24

NC Division of Services for the Deaf and Hard of Hearing

presents ways to
learn more about
hearing loss.

April 19
10:00

**World
Tai Chi Day**
April 27
9:30-12:30 at the
Franklin Memorial
Park at 10:00.
Covered lunch
afterwards



Sandy's Craft Class

April 10
12:30
Limit 12

Call 828-349-2058
ext 0 to register

Vaya Health

presents
Facing the
Emotional
Challenges of
Chronic Illness

April 25
1:00

Angel Therapy presents dysphagia (Swallowing disorders) and how to
assess your ability to swallow as well as seeking
treatment for Dysphagia.



April 24 at 12:15

National Prescription Drug Take Back

April 24
10:30-12:30



BINGO!

April 18
5:00-6:30
Senior Center
Bring a snack to
share!

Trivia Night April 4

5:00-6:30
Bring a snack to
share
Bring grocery item or
cleaning supply to
share as a prize

Disability Partners


Learn about
their services
April 11
12:15

Rock Painting Class

April 19
Limit 14
Call to register

Partnering to promote, protect, and strengthen our community

April 2024 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Herb Chicken Potato Salad Orange Kissed Beets Orange Roll	2 Breaded Catfish Zucchini/Squash/ Onions Mashed Potatoes w/Pecan Butter Green Marshmallow Fluff Garlic Breadstick	3 Beef Burgundy W/rice Glazed carrots Biscuits Apple	4 Biscuits w/Sausage Gravy Eggs Grits Cinnamon Apples Orange Juice	5 Chicken Sandwich Lettuce/Tomato California Blend Veggies Oven Brown Potatoes Cantaloupe
8 Lasagna Tossed Salad w/dressing Green Beans Fruit Salad Garlic Toast	9 Turkey Casserole w/vegetables Brussels Sprouts Roll Pineapple slices	10 Meatloaf Mashed potatoes Gravy Mixed vegetables Biscuit Apple pie	11 Baked Potato Broccoli & Cheese Sour Cream Ham Roll Brownie	12 Hot dog w/bun Chili Oven baked potatoes Coleslaw Marshmallow Fluff
15 Stuffed cabbage rolls with tomato sauce Boiled red potatoes Roasted carrots Roll Strawberry crisp	16 Parmesan baked fish Stewed okra & tomatoes Wild rice Black beans Roll Banana pudding	17 Penne Rustica Zucchini/Squash/ Onions Salad with dressing Garlic bread stick Cherry cobbler	18 BBQ Pork w/bun Baked Sweet Potato Coleslaw Lemon Bar Orange Juice	19 Grilled Chicken Stuffed Green Pepper Steamed Spinach Garlic Bread Orange
22 Baked Spaghetti Tossed Salad Dressing Garlic toast Pears	23 Pinto Beans Mac & Cheese Turnip greens Cornbread Spiced fruit Vinegar	24 Salisbury Steak Gravy Mashed Potatoes Stewed Okra and Tomatoes Roll Chocolate Cake with icing	25 Tuna Salad on Croissant Tomato Slices Leaf Lettuce Italian Cucumber Onion Salad Strawberries	26 Pork Loin Sauerkraut Roasted Root Vegetables Biscuit Apple Pie
29 BBQ Chicken Parsley New Potatoes Green Peas Coleslaw Cake with vanilla icing	30 Sausage & rice casserole Baby limas Roll Peach shortcake		Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients.	All meals come with milk 

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

Everyday April Activity Page

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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)

9:00-Conditioning (SC)
10:00-Life Story (SC)
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

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)

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)
2:30-Discover Mindfulness (SC)

April Special Activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1



2

3

Jewelry Class
12:30 (SC)

Teen Techs
3:30 (SC)

4

Dementia Support Group
2:00 (SC)

Trivia Night
5:00 (SC)

5



8

9

10

Nature Center Trip
10:00

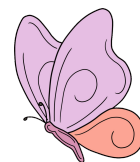
Sandy's Craft Class
12:30 (SC)

11

Disability Partners 12:15 (SC)

Bingo 12:30 (SC)

12



15

16



17

Donna's Craft Class 12:30 (SC)

Teen Techs 3:30 (SC)

18

MS Support Group 2:00 (SC)

BINGO 4:30 (SC)

19

NC Services for the Deaf 10:00 (SC)

Rock Painting Class 12:30 (SC)



22



23

24

Drug Take Back Day 10:30 (SC)
Angel Speech Therapy 12:15 (SC)
Diamond Art 1:00 (SC)

25

Vaya Health 1:00 (SC)

VIP Support Group 2:00 (SC)

26

MedAssist 9:00 (CB)

Greeting Card Class 12:30 (SC)

28

29



30



SC - Senior Center
CB- Community Building
Z- Zoom



APRIL

WORD SEARCH



a d x a l i p c w a i
y i g b e e d u j n s
k a a i o l a v t h s
u m e o h o f d u o e
f b z i i u f h l i m
a n c k j a o i i i y
h d b n g r d o p u i
a e e e l b i i o j v
m a g f o o l u d p a
e a s t e r v i k e x
p s a l m e o i o u a
b v t o u u n c t o t
c u n d e r g r a d s
p a s s o v e r u u e
e s h o w e r s r y i
d a t a b f e d u r n
v b l o o m q f s a i
e s h p f g z v w x a

WORDS



showers
underground
daffodil
tulip
bloom
taurus
diamond
earth
easter
passover
fool

