

Silver Threads

December 2021

Crawford Senior Services

(828) 349-2058

Community Resource Center

108 Wayah Street

(828)369-0160 FAX

(828) 349-0211

Franklin, NC 28734

www.maconnc.org



Senior Services

Will be closed:

December 23,24, 27,
and 31



Like us on Facebook
The Crawford Senior Center

Olga Bell

Laverne Bennett

Kenneth Bishop

Joseph Biro

Ralph Blevins

Bessie Bowers

Nancy Brandon

David Brigman

Hazel Brigman

Ann Brown

Jack DeBetta

Betty Dieckmann

Bobbie Dillard

Jack Dillard

Belva Edwards

Norm Farrell

George Faucher

Merle Flournoy

Mollie Gibney

June Hefferan

Mary Heffington

Neoma Houghton

Louise Hurst

Betty Jamason

Elizabeth Justice

Patricia Kendall

Marion Kussler

Rose Lillard

Simeon Martin

Leroy Miller

George Moses

Wanda Orf

Marjorie Parrish

Lois Perry

Josephine Roper

Ivan Roush

Betty Sapp

Norma Sebring

Selma Sparks

Dorothy Steffan

Patricia Van Buskirk

Betty Vasos

Faye Vaughn

Joseph Vinson

Raymond Wheeler

Amy Whitehurst

Ruth Wilkes

Jean Williams

*Let's celebrate our
Over 90 years old
Members!*

**Christmas Drive
Thru!**

December 16th, 2021

4pm to 6pm

Come see the Christmas
scenes and visit with staff
and volunteers!

*Happy New
Year!*

The Crawford Senior Center

*Partnering to Promote, Protect,
and Strengthen our Community*

December Activity Page

Sign up for all classes. Call 828-349-2058 ext. 0

Classes

Classes				
MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<u>YOGA WITH TERRY</u> 10:00 AM ZOOM	<u>SEATED TAI CHI</u> 11:00 AM ZOOM	<u>YOGA WITH TERRY</u> 10:00 AM ZOOM	<u>SEATED TAI CHI</u> 11:00 AM ZOOM.	<u>YOGA WITH TERRY</u> 10:00 AM ZOOM
<u>TAIJIFIT, QUGONG & YOGA</u> <u>Combination</u> 11:00 AM ZOOM	<u>TAI CHI</u> 1:00 PM ZOOM	<u>TAIJIFIT, QUGONG & YOGA</u> <u>Combination</u> 11:00 AM ZOOM	<u>TAI CHI</u> 1:00 PM ZOOM	<u>TAI CHI</u> 1:00 PM ZOOM
<u>TAI CHI</u> 1:00 PM ZOOM		<u>TAI CHI</u> 1:00 PM ZOOM		<u>WALKING GROUP</u> 1:00 PM Carpenter Community Building Gym
<u>WALKING GROUP</u> 1:00 PM Carpenter Community Building Gym		<u>WALKING GROUP</u> 1:00 PM Carpenter Community Building Gym		<u>SIMPLE EFFECTIVE EXERCISE</u> 12:00 PM Carpenter Community Building
				<u>LIFESTORY WRITING</u> 2:00 PM Carpenter Community Building

Due to the recent rise in COVID-19 cases in Macon County, Macon County administration, at the recommendation of Public Health Officials, has decided to temporarily close the Senior Services building to the public. The health and safety of participants and staff is our utmost priority.

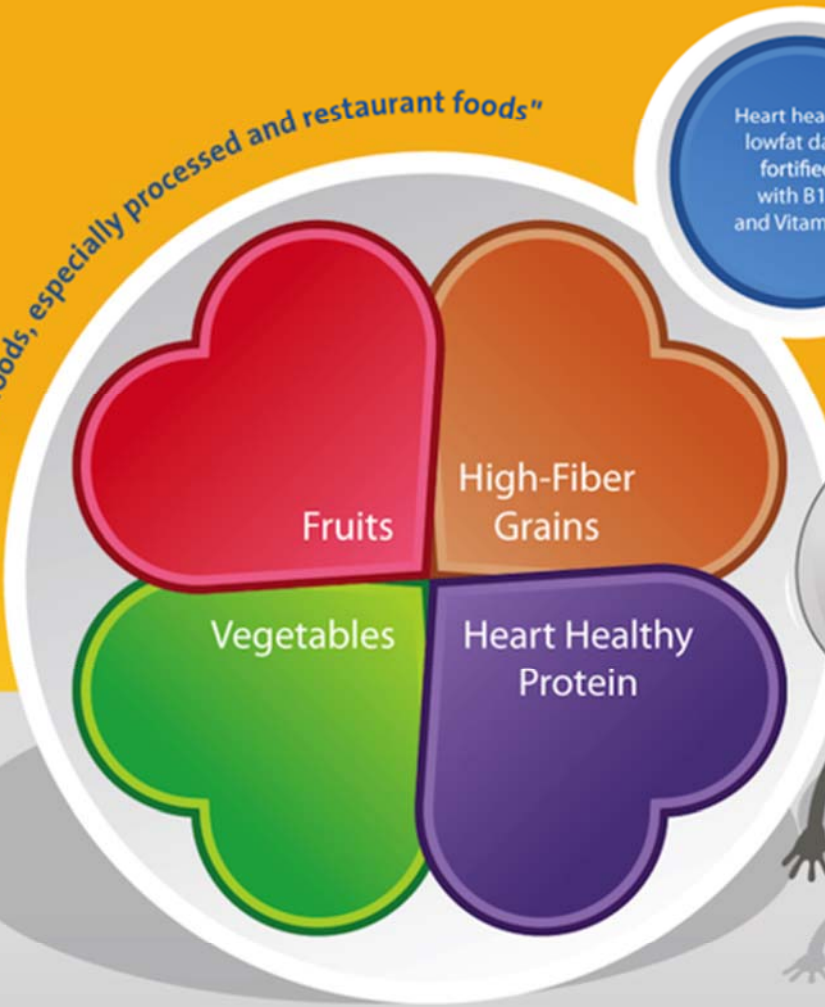
December Menu 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1. BBQ Chicken Mashed Potatoes Green Beans Roll Banana Cake Orange Juice Milk	2. Great Northern Beans Macaroni & Cheese Turnip Greens Cornbread Spiced Fruit Milk	3. BBQ Chopped Pork on a Bun Oven Brown Potatoes Cole Slaw Fresh Tangerine Milk
6. Kielbasa Sausage with Peppers and Potatoes German Red Cabbage Roll Apple Crisp Milk, Orange Juice	7. Baked Spaghetti Tossed Salad with Salad Dressing Garlic Roll Cherry Cobbler Milk	8. Herb Baked Chicken Oven Brownd Potatoes Brussel Sprouts Roll Fresh Banana Milk	9. Pesto Crusted Cod Zucchini/Squash /Onions Mashed Sweet Potatoes with Pecan Butter Garlic Breadstick Green Marshmallow Fluff	10. Pot Roast Gravy Mashed Potatoes Green Beans Roll Cinnamon Applesauce Milk
13. Stuffed Cabbage Rolls with Tomato Sauce Boiled Red Potatoes Roasted Carrots Roll Strawberry Crisp Milk	14. Parmesan Baked Fish Stewed Okra and Tomatoes Wild Rice Black Beans Roll Banana Pudding Milk	15. Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Brownie Milk	16. Pinto Beans Macaroni & Cheese Turnip Greens Cornbread Ambrosia Fruit Salad Milk	17. Hot Dog with Chili on a Bun Oven Baked Fries Coleslaw Marshmallow Fluff Milk
20. Pork Loin Sauerkraut Roasted Root Vegetables Biscuit Apple Pie Milk	21. Baked Potato Broccoli & Cheese Chopped Ham Sour Cream Brownie Milk	22. Ham Sweet Potato Casserole Green Beans Roll Red Velvet Cake Milk	<i>closed</i>	<i>closed</i>
<i>closed</i>	28. Chili with Beans Broccoli Cornbread Mandarin Oranges Brownie Milk	29. Breakfast Ham and Egg Casserole Sliced Tomatoes Spiced Peaches Biscuit and Sausage Gravy Milk, Orange Juice	30. Sausage and Rice Casserole Roasted Brussels Sprouts Roll Peach Shortcake Milk	<i>closed</i>

Call 349-2058 Ext. 0 for reservations or cancellations

Healthy Plate for Older Americans

"lower sodium on all foods, especially processed and restaurant foods"



Heart healthy
lowfat dairy
fortified
with B12
and Vitamin D



Be active.

↑ Increase
nutrients
and fiber

Moderate
Calories

Limit
sodium and
saturated fat

Keep sodium to 1500 mg or less
Keep saturated fat to 10% of calories or less

Visit www.choosemyplate.gov for more information

Whats Happening!



Our Family
Caregiver's
Dinner



Veterans
Day



Christmas Food

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

STUFFING
 FRUITCAKE
 GOOSE
 HAM
 DUCK
 EGGNOG
 CANDY CANE
 MINCE PIES
 TURKEY
 YULE LOG
 PUDDING

Play this puzzle online at : <https://thewordsearch.com/puzzle/127/>