

Silver Threads- January 2025

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

**Diamond Art Class
with Lisa**
January 8
1:30



Call 828-349-2058 ext 0

**Craft Class with
Brenda and Sandy**
January 15
12:30



90+ Birthday Party

January 27
12:00



**Senior Services will
be closed for
New Years Day
Tuesday, 1/1/25**



**Franklin Nutrition
Presents**

Sample Teas, Shakes, and
Donuts to help you live a
healthy life
January 8
12:15

Call 828-349-2058 to register



How to keep your
shoulders in good
shape as you age

January 30
12:00

**Senior Services
will be closed for
Martin Luther King Day
Monday,
January 20, 2025**



Need help with your cell
phone? laptop?

Teen Techs can help!
1/15, and 1/29 at 3:30

Call 828-349-2058 ext. 0



January 23
4:30-6:00
Bring a snack to share

REMINDER

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



**alzheimer's
association®**

Presents
10 Healthy Habits
for your Brain

January 22
12:30



REMINDER

To prevent accidents in our
parking lot, please follow
the arrows painted on the
drive





January 28
12:30-2:00
Bring a prize to share



January 7
4:30-6:00
Bring a snack to share

January 2025 Lunch Menu






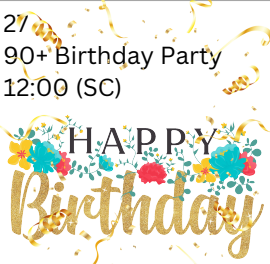

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Choose foods high in fiber and low in sodium or salt. Focus on important nutrients, such as potassium, calcium, Vitamin D, and Vitamin B12.</p>	<p>All meals come with milk</p> 	<p>1 Closed</p> 	<p>2 Pork Loin Black Eye Peas Turnip Greens Diced Onions Cornbread Chocolate Cake</p>	<p>3 Chicken Filet Sandwich w/Bun Vegetable Medley Oven Browned Potatoes Grapes</p>
<p>6 Chilli w/Beans Broccoli Mexican Cornbread Mandarin Oranges Brownie</p>	<p>7 Penne Rustica Zucchini/Squash/Onions Salad with Dressing Garlic Bread Stick Cherry Cobbler</p>	<p>8 Breakfast Ham and Egg Casserole Sliced Tomatoes Spiced Peaches Biscuit w/Sausage Gravy Orange Juice</p>	<p>9 Turkey Casserole w/Vegetables Roasted Brussels Sprouts Roll Mandarin Oranges</p>	<p>10 Chicken Marsala Sautéed Spinach Buttered Orzo Roll Peaches</p>
<p>13 Sausage and Rice Casserole Baby Limas Roll Peach Shortcake</p>	<p>14 Pinto Beans Mac & Cheese Turnip Greens Cornbread Spiced Fruit Vinegar</p>	<p>15 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie</p>	<p>16 Breaded Catfish Zucchini/Squash/Onions Mashed Sweet Potatoes w/Pecan Butter Green Marshmallow Fluff Garlic Breadstick</p>	<p>17 Easy Beef Burgundy Noodles Glazed Carrots Biscuit Apple</p>
<p>20 Closed</p> 	<p>21 Pork Loin Sauerkraut Roasted Root Vegetables Biscuit Apple Pie</p>	<p>22 Beef Stew Rice and Gravy Collard Greens Roll Pear Crisp</p>	<p>23 Baked Potato Broccoli and Cheese Ham Roll Brownie</p>	<p>24 Herb Baked Chicken Potato Salad Orange Kissed Beets Orange Roll</p>
<p>27 Baked Spaghetti Tossed Salad w/Dressing Garlic Toast Pears</p>	<p>28 Chicken w/Mushroom Sauce Rice Green Peas Cucumber, Tomato, and Onion Salad Roll Grapes</p>	<p>29 Ham Black Eye Peas Squash Casserole Roll Mandarin Oranges</p>	<p>30 Turkey Dressing w/Gravy Green Beans Pineapple Roll</p>	<p>31 Hotdog w/Bun Chili Oven Baked Fries Coleslaw Marshmallow Fluff</p>

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

Everyday January 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) 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)	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)

January Special Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SC - Senior Center CB- Community Building Z- Zoom	1 Closed 	2 Dementia Support Group 2:00 (SC)	3
6	7 Bingo 4:30 (SC)	8 Sample Teas, Shakes, and Donuts 12:15 (SC) Diamond Art 1:30 (SC)	9 Computer Class 1:00 (SC)	10
	14	15 Crafts with Brenda and Sandy 12:30 (SC) Teen Techs 3:30 (SC)	16 Computer Class 1:00 (SC)	
20 Closed 	21	22 10 Healthy Habits for Your Brain 12:30 (SC)	23 Computer Class 1:00 (SC) VIP Support 2:30 (SC) Trivia 4:30 (SC)	24
	28 Bingo 12:30 (SC)	29 Teen Techs 3:30 (SC)	30 How to keep your shoulders in good shape as you age 12:00 (SC) Computer Class 1:00 (SC)	



In Memoriam-2024



Bert Baldwin
Jane Barnes
David Barr
Toby Bateman
Betty Bolick
William Brackett
Minnie Browning
Barbara Bull
Mary L. Byrd
Ruby Cabe
Howard Carley
Ronald Carpenter
Norma Chapman
Joseph Crobby
Mary Cude
Tim Dazzo
John W. Davis
Loretta Davis
Lois Downs
Phyllis Duckett
Elmer Edgar
Alison Elliott
Catherine Ellis
Terry Evans
Carolyn Everett
Norm Farrell
Altha Feneis
Mable Gregory
Olene Gibbs

Linda Hanshell
Geraldine Heenan
Rob Henderson
Thomas Hubbell
Rebecca Huber
Floyd Hurst
Kenneth James
Nickie Jenkins
Glynda Johnson
Nancy F. Johnson
William Jorgensen
Dolores Joslin
Duane Kinnison
Grace Laurello
Sharon Lenihan
Anthony Long
John Martin
Nancy McCall
Zeb Mehaffey
Peggy Mills
Carol Moncier
John Monell
Louise Morgan
Judith Nevins
Grady Nicholson
Margaret Northrup
Sherman Parris
Raymond Penland

Patsy Raby
Barbara Roper
Carole S. Roy
Robert Ruble
Debbie Schlieder
Fredrick Smith
Fred Stamey
Thomas Stribling
Emma Swafford
Joseph Swafford
Mildred Swafford
Mary Lou Taylor
Linda Topping
Faye Vaughn
Ray Vinson
Art Walkden
Ray Welch
Bobby Watson
Gary Wheeler
Sandy Whitman
Jean Williams
Ruth Williams
Allan Wilkes
Irene Witherspoon
Nathaniel Witherspoon
Betty Wooten
Alice Yuzzi
Pat Zilbauer



Winter Word Search



COAT
COLD
FROST
ICE

IGLOO
SCARF
SNOW
WINTER

