

Silver Threads- July 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

Christmas in July Craft Class

July 17 & 31
12:30
Limit 15

Diamond Art

July 10
12:30
Limit 10

Sandy's Craft Class

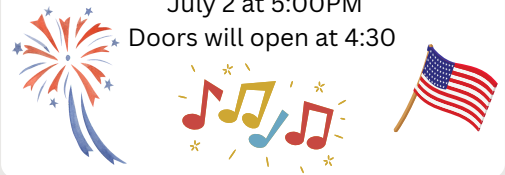
July 24
12:30
Limit 12

Call 828-349-2058 ext 0

Color Me America

Linda Beal & Friends will be performing
at Tartan Hall

July 2 at 5:00PM
Doors will open at 4:30



Senior Celebration

Friday, September, 13
Luau theme
Must be signed
up by July 29 for a
t-shirt on event day



Register at front desk

FYZICAL Therapy & Balance Center

presents
BIG Therapy

The benefits of BIG Therapy:
Faster Walking with
bigger steps
Improved balance
Increased trunk rotation
Improvements in daily living

July 9
10:00

Vaya Health

presents
Anxiety: Managing
Nervous Energy

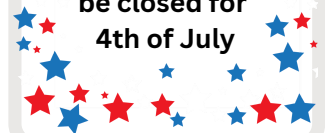


July 25
1:00

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
4th of July



Appalachian Women's History Museum Dillsboro

July 11 Limit 12

Shopping and lunch at downtown Sylva
Bring cash to shop with and lunch money.

Must register in person. Registration begins on July 3 at 10:00 with a \$5.00 donation.

Please bring exact change to reserve your spot.

Ribbon Wreath

July 8
2:00
Limit 6

Sticker and Ribbon Cards

July 29
2:00
Limit 6

Call to register

Loaded Envelope Workshop with Deborah James

Make your own envelope
and then make goodies
to fit inside

July 12
12:30-2:00
Limit 14



Seniors' Health
Insurance
Information
Program

A big thank you goes out to the
Macon County SHIIP volunteers
Emma Conley, Carolyn Crunkleton,
Karen Lundberg and Pat Archambault.

The dedication and work these women
put in to assist Medicare beneficiaries
here during the 2023 Open Enrollment
period helped save \$779,457!
Awesome!!

Blood Pressure Check

July 2
9:30-12:00



Trivia Night

July 16
5:00-6:30

Enjoy an evening of
fun with friends
Bring a snack to share

Partnering to promote, protect, and strengthen our community

July 2024 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Chicken w/Mushroom Sauce Rice Green Peas Cucumber, Tomato, and Onion Salad Roll Grapes</p>	<p>2</p> <p>Baked Spaghetti Tossed Salad Dressing Garlic Toast Pears</p>	<p>3</p> <p>Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie</p>	<p>4</p> <p>Closed for 4th of July</p> 	<p>5</p> <p>Hot Dog w/Bun Chili Oven Baked Fries Coleslaw Marshmallow Fluff</p>
<p>8</p> <p>Chicken Tenders Green Beans Red Potatoes Roll Cantaloupe</p>	<p>9</p> <p>Ham and Veg Quiche Potato Salad Broccoli Mandarin Oranges Roll</p>	<p>10</p> <p>Beef Burgundy W/Rice Glazed Carrots Biscuits Apple</p>	<p>11</p> <p>Tuna Salad on Croissant Tomato Slices Leaf Lettuce Italian Cucumber Onion Salad Strawberries</p>	<p>12</p> <p>Beef Brisket Baked Beans Coleslaw Blackberry Cobbler Roll</p>
<p>15</p> <p>Sausage & Rice Casserole Baby Limas Roll Peach Shortcake</p>	<p>16</p> <p>Parmesan Baked Fish Stewed Okra and Tomatoes Wild Rice Black Beans Roll Banana Pudding</p>	<p>17</p> <p>Penne Rustica Zucchini/Squash/Onions Salad with Dressing Garlic Bread Stick Cherry Cobbler</p>	<p>18</p> <p>Baked Potato Broccoli & Cheese Sour Cream Ham Roll Brownie</p>	<p>19</p> <p>BBQ Chicken Parsley New Potatoes Green Peas Coleslaw Cake with Vanilla Icing</p>
<p>22</p> <p>Salisbury Steak Mashed Potatoes w/Gravy Stewed Okra and Tomatoes Roll Cake w/Chocolate Icing</p>	<p>23</p> <p>Pinto Beans Mac & Cheese Turnip Greens Cornbread Spiced Fruit Vinegar</p>	<p>24</p> <p>Pork Tenderloin Black Eyed Peas Greens Cornbread Muffin Cherry Cobbler Orange Juice</p>	<p>25</p> <p>Lasagna Tossed Salad Garlic Roll Warm Peaches w/Cinnamon and Brown Sugar</p>	<p>26</p> <p>Chicken Sandwich Lettuce/Tomato California Blend Veggies Oven Brown Potatoes Cantaloupe</p>
<p>29</p> <p>Turkey w/Gravy Dressing Green Beans Pineapple Roll</p>	<p>30</p> <p>Ham Black Eyed Peas Squash Casserole Roll Strawberries</p>	<p>31</p> <p>Grilled Chicken Breast Stuffed Green Pepper Steamed Spinach w/Garlic Roll Orange</p>	<p>Drink plenty of water throughout the day to help prevent dehydration and promote good digestion.</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 July 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)
 1:00-Hook and Needle (SC)
 2:00-Chair Yoga (SC)
 3:00-Chair Volleyball (SC)

TUESDAY

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

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)

July Special Activities

MONDAY

1



TUESDAY

2

Blood Pressure 9:30 (SC)

Color Me America 5:00
 Doors open at 4:30 (Tartan Hall)

WEDNESDAY

3

THURSDAY

4

Closed for 4th of July



FRIDAY

5

Dementia Support Group 2:00 (SC)

8

Ribbon Wreath 2:00 (SC)

9

Fyzical Therapy & Balance Center 10:00 (SC)

10

Diamond Art 12:30 (SC)

11

Appalachian Women's History Museum 10:00

12

Loaded Envelope 12:30 (SC)

15

16

Trivia Night 5:00 (SC)

17

Christmas in July 12:30 (SC)

18

Bingo 12:30 (CB)

MS Support Group 2:00 (SC)

19



22

23

24

Sandy's Craft Class 12:30 (SC)

25

Vaya Health 1:00 (SC)

VIP Support Group 2:15 (SC)

BINGO 5:00 (SC)

26

29

Sticker and Ribbon cards 2:00 (SC)

30

31

Christmas in July 12:30 (SC)

SC - Senior Center
 CB- Community Building
 Z- Zoom
 TS-Tassee Park

Summer Wordsearch

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

bucket
hat
holiday
lolly
sandal
seaside
spade
summer
sun
water

