

Location: 649 FireTower Rd.

Caswell Senior Center

Activities: 10:00 AM

Luncheon: 11:30 AM

October 2025

Senior Center Golden Friends

Monday	Tuesday	Wednesday	Thursday	Friday
 OCTOBER Awareness Month	Follow Us On Facebook	Let's Play 	Learn How to Prevent a Fire 	Donna Waddell Joins Us to Sing 
6 Chair Exercises 	7 "Until Help Arrives" w/ Angela Lipscomb	8 Word Search 	9 Movie Day "Guess Who" w/ Bernie Mac & Ashton Kutcher	10 What is "Raynauds Syndrome?"
13 Let's Walk for Breast Cancer Awareness. Wear Pink	14 The Choir Joins Congregate Today 	15 Crafts with Savannah	16 Library Trip Please RSVP w/ Claude	17 BINGO 
20 Corn Hole Toss 	21 Health Literacy w/ Angela Childers	22 Learn All About Osteo- porosis While Playing Bingo	23 Karaoke with Gail & Family	24 Stretching is Good for You. Let's Give it a Try.
27 Celebrating Nat' Chocolate Day 	28 Devotional Time w/ Pastor Steve Jordan	29 Understanding Lupus	30 Why Does Having Diabetes Cause UTI's?	31 HALLOWEEN PARTY WEAR YOUR FAVORITE COSTUME