

# Caswell Senior Center

*The mission of the Caswell Senior Center is to enrich the lives of Caswell senior adults by responding to their diverse needs and interests.*



*In 1868, Ann Jarvis organized a committee to establish a "Mother's Friendship Day", the purpose of which was to reunite families that had been divided during the "Civil War". Ms. Jarvis had previously organized Mother's Day work clubs to improve sanitation and health for both Union and Confederate encampments undergoing a typhoid outbreak and wanted to expand these into an annual event for mothers. There were several other contributors to establishing "Mother's Day" such as Juliet Calhoun Blakley and Frank E Herring, administrator of Univ. of Notre Dame, who made a plea for setting aside one day in the year as a nationwide memorial to the memories to Mother's and Motherhood (1904). Mother's Day in its present form was established by Anna Jarvis, daughter of Ann Jarvis with the help of a Philadelphia merchant named John Wanamaker following the death of her mother in 1905.*

*From all of us at the Caswell Senior Center  
we wish all Mothers out there a wonderful  
Mother's Day*

## Notes from Jeannine

*Happy Mothers Day to all you wonderful mothers out there. To celebrate our mothers we would like you to bring or mail a copy of a picture of either yourself or your mother. We are going to put them on our tree in the front lobby to share the awesome mom's out there. If you mail them please be sure to make a note of who is in the picture. Once the tree is finished we will post a picture on our face book page..*

*Our address is below if you are mailing in a copy of your picture.*

*"A mother is special,  
She's more than a friend  
Whenever you need her,  
She'll give you a hand'.*

*By George W. Zellars*



# Senior Center Happenings

## Veterans Service Officer

Our Veterans' Service Officer, Wanda Jones will be at the Senior Center twice a month to assist you. She will be at the Center **on May 11th and May 25th**. Appointments are first come, first serve beginning at 11 am.



## Breakfast and Conversation

Join us every **4th Wednesday at 9:00** am for coffee and conversation with other Veterans. The senior center sponsors a lite breakfast with coffee and juice to all Veterans. We provide updates that are of interest to Veterans and their families during this time.



## Paint Class

Carol Dodson will join us on **May 19th at 9:30 am** to help you paint a beautiful summer picture. We only have 12 seats available. **Registration will begin on Monday May 9th after 8:30am. You will only be allowed to register yourself.** Contact Cindy at 336-694-7447 to reserve your seat. Cost is \$2



## Age My Way—

Every year in May, we celebrate Older Americans Month and each year we have a new theme. For 2022 the theme is "AGE MY WAY". This affords us in the aging world a way to explore other opportunities to help senior adults remain in and involved in their communities. Join us on **Tuesday, May 17th at 10 am** as we celebrate all of our senior adults and their independence.



## Community Calendar

Caswell Farmer's Market

Thursdays 4p—6:30p

First Friday's are Back

May 6, @ 7:00 pm Yanceyville Pavilion... Music & Food

Bring Your Chair

Chamber Golf Tournament May 26

Memorial Day Program

Monday May 30th @ 11:00 am Yanceyville Pavilion

Bring your Chair

The Senior Center is still following limited Covid protocol. We ask that you give others ample space, use hand sanitizer and continue to wash your hands after using the restroom. And please stay home if you do not feel well.

**Congregate** activities start at 10am Monday thru Friday. If you are signed up for lunch you are required to call in for lunch and transportation the day before by noon. Not calling by this time could result in no transportation or lunch. Please call Rita for additional information.

**Veterans Service Officer** will be here on **May 11th and 25th** from 11am to 1pm. First Come First Serve.

**Bingo** will take place on the **May 12** and **May 23** from 10am to 11am. First come, First Serve.

**Fitness Room** is open Monday thru Friday from 8:30am to 4:30pm.

You may use the fitness room and equipment for 45 minutes. Longer if no one is wanting to use the machine you are on..

**Card Games** If you are interested in any type of card games, please call the Senior Center and let us know. 336-694-7447

**Computer Room** is open Monday thru Friday. If you are interested in computer classes contact us at 336-694-7447.

**Scrapbooking (\$\$)** meets the **4th Wednesday** of each month at **10:30**. First Come First Serve.

**Fit-4-Life (\$\$)** classes are offered each **Tuesday** and **Friday** at **8:30 am**. First Come First Serve

**Yoga (\$\$)** is offered every **Tuesday** and **Thursday** from **1:15 pm** to **2:15** . If you attend the class regularly and cannot come, please call to let us know.

**Tai Chi (\$\$)** is offered every **Monday** from **10:am** to **11:00 am**. First Come First Serve.

**Pool Table** the senior center has a pool table that is open M-F. Bring a couple of friends and enjoy a friendly game of pool.

### Senior Services

Information and Referral  
Fitness Health Promotion  
Senior Games  
Transportation Medical/General  
Caregiver Classes  
Energy Assistance  
Medicaid/Medicare Benefits  
Job Training Placement, NCBA  
Telephone Reassurance  
Durable Medical Equipment  
Food Distribution  
Tax Preparation Counseling  
Legal Services  
Caregivers Support Program  
Congregate/Home Delivered Meals  
Insurance Counseling (SHIIP)  
Veteran Services



Hours of Operation:

Monday - Friday

8:00am-5:00pm

336-694-7447

# MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:30-2:30 Rook 10:00 Congregate Meets 10:00 T'ai Chi (in craft room)\$\$</p>	<p>3 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets 1:15 Yoga w/Frank\$\$</p>	<p>4 9:30-2:30 Rook 10:00 Congregate Meets</p>	<p>5 9:30-2:30 Rook 10:00 Congregate Meets—Celebrate Cinco De Mayo! 1:15 Yoga w/Frank\$\$</p>	<p>6 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets</p>
<p>9 9:30-2:30 Rook 10:00 Congregate Meets 10:00 T'ai Chi (in craft room)\$\$</p>	<p>10 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets—Mother's Day Program 1:15 Yoga w/Frank\$\$</p>	<p>11 9:30-2:30 Rook 10:00 Congregate Meets 11-1 Veterans Service Officer</p>	<p>12 9:30 Paint w/ Carol 9:30-2:30 Rook 10:00 Congregate Meets—Bingo 1:15 Yoga w/Frank\$\$</p>	<p>13 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets</p>
<p>16 9:30-2:30 Rook 10:00 Congregate Meets 10:00 T'ai Chi (in craft room)\$\$</p>	<p>17 8:30 Fit-4-Life\$\$ 9:00 Choir 10:00 Congregate Meets—Celebrate Older Americans Month 1:15 Yoga w/Frank\$\$</p>	<p>18 9:30-2:30 Rook 10:00 Congregate Meets</p>	<p>19 9:30-2:30 Rook 9:30 Paint w/Carol \$\$ 10:00 Congregate Meets—Senior Games 1:15 Yoga w/Frank\$\$</p>	<p>20 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets</p>
<p>23 9:30-2:30 Rook 10:00 Congregate Meets—B'Day Bingo 10:00 T'ai Chi (in craft room)\$\$</p>	<p>24 8:30 Fit-4-Life\$\$ 9:00 Choir 9:30-2:30 Rook 10:00 Congregate Meets 1:15 Yoga w/Frank\$\$</p>	<p>25 9:00 Veterans Connect Breakfast 9:30-2:30 Rook 10:00 Congregate Meets 10:30 Scrapbooking 11-1 Veterans Service</p>	<p>26 9:30 Placemat Craft 9:30-2:30 Rook 10:00 Congregate Meets 1:15 Yoga w/Frank\$\$</p>	<p>27 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets</p>
<p>30 Senior Center Closed</p> 	<p>31 8:30 Fit-4-Life\$\$ 9:00 Choir 9:30-2:30 Rook 10:00 Congregate Meets 1:15 Yoga w/Frank\$\$</p>			<p>Follow us on Facebook! "Caswell County Senior Center"</p>

## *Day Trip to Shelton Vineyards*

*Wednesday, May 25, 8:45 am*

Join us as we travel to Shelton Vineyards in Dobson, NC! We will enjoy a tour and tasting followed by lunch on the premises at the Harvest Grill. Cost will be \$36.00 which includes transportation and the tasting. We will be taking a tour bus. We will leave the Senior Center at 8:45 am on May 25th. Please see Cindy to register. Registration opens at 9:00 am on Monday, May 9th.



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### *Are Your Bags Packed?*

*Let us know if you will be traveling with us! We have seats available for all trips and are taking deposits. If you would like additional information on any trip, please call Cindy at 336-694-7447.*

*ARK Encounter—Louisville & Lexington, Kentucky -4 day/3 Night  
June 20-23 \$599 per person/double occupancy \$75 deposit*

*Lancaster, PA & New York City—4 day/3Night Sept. 12-15  
\$799 per person/double occupancy \$100 deposit*

*Ireland-October 15-22  
\$2799 per person/double occupancy -\$250 deposit*

*Biltmore Estate—3 Day/2 Night  
\$499 per person/double occupancy—\$50 deposit*

# Double Chocolate Crunchettes



1/5 of recipe (3 shells): 155 calories, 6.5g total fat (4.5g sat. fat), 61mg sodium, 23.5g carbs, 1g fiber, 12.5g sugars, 3g protein

**Prep:** 5 minutes

**Cook:** 5 minutes

## Ingredients:

15 frozen mini fillo shells  
1/4 cup mini semisweet chocolate chips, divided  
1 tsp. vanilla extract  
1/2 cup fat-free vanilla yogurt  
2 tbsp. unsweetened dark cocoa powder  
1 packet natural no-calorie sweetener  
1 cup natural light whipped topping

## Directions:

Preheat oven to 350°F. Place shells on a baking sheet.

Bake until lightly browned, about 5 minutes.

Meanwhile, in a large microwave-safe bowl, combine 3 tbsp. chocolate chips, vanilla extract, and 1 1/2 tsp. water. Microwave at 50 percent power for 35 seconds, or until melted. Stir well.

Add yogurt, cocoa powder, and sweetener. Mix until uniform. Fold in whipped topping.

Spoon filling evenly into fillo cups, and sprinkle with remaining 1 tbsp. chocolate chips. (Cups will be full!)

MAKES 5 SERVINGS

**HG Tip:** Make a DIY piping bag! Just transfer the filling to a plastic bag, and snip off a corner with scissors to create a small hole for piping.