

Location: 649 FireTower Rd.

Caswell Senior Center

Activities: 10:00 AM

Luncheon: 11:30 AM

July 2025

Senior Center Golden Friends

Monday	Tuesday	Wednesday	 Thursday	Friday
 1 Chair Exercise Let's Get Moving 	 2 Let's Stroll around the Senior Center	 3 Kareoke w/Gail Enjoy the Sounds of the Sock Hop Dress in Your Favorite Sock Hop Outfit	 4 Senior Center is Closed	
 7 Chair VolleyBall	 8 Be a Kid Again. Share Your Favorite Things to do Growing Up	 9 Trip to Roses in Reidsville. Shop till You Drop!	 10 What Causes Panic Attacks	 11 It's Bingo Time
 14 UV Awareness	 15 The UNO Challenge	 16 Can You Identify Poisonous Snakes?	 17 Let's Have an Ice Cream Social	 18 "Senior Nutrition" w/Sonya Patterson
 21 Eye Health. Are You taking Care of Your	 22 Angela Childers- Comm. Paramedic <i>How to Handle a Heat Stroke</i>	 23 Gorgeous Grandma's Dress in Your Favorite Fancy Outfit	 24 Movie Day "The Book of Ruth" A Journey of Faith.	 25 Cowboy Day..... Pull Those Boots and Cowboy Hat Out
 28 Trip to the Library	 29 Birthday	 30 Devotional w/ Rev.Donna Patterson	 31 Crafts w/ Betty	 Follow Us On Facebook Caswell Senior Center