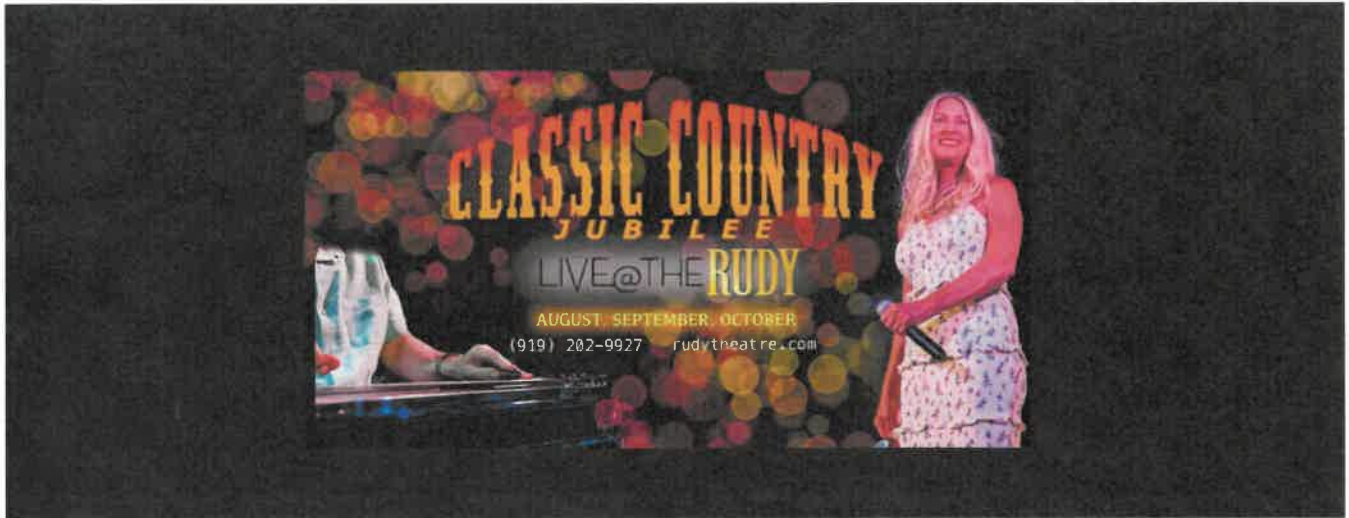

Caswell Senior Services

Gadabout Newsletter

Issue No. | August



Rudy Theatre in Selma, NC

Enjoy a live country show, showcasing music from Hank to Garth, Dolly to Taylor, you'll be toe-tapping, humming, and singing along with this awesome show. Before the show we will enjoy lunch at a Southern, home cooked restaurant- Robin's Nest. We will leave the Senior Center at 9:00 AM and return by 6:00 PM. The cost of the trip will be \$50.00. Lunch is not included in the price; you will pay at the restaurant. The price includes show, ticket, and transportation. Registration begins on July 28, 2025, at 8:30 AM.

Day Trip: August 14, 2025, show begins at 1:00 PM

Days/Hours of Operation
Monday through Friday: 8 a.m. to 5 p.m.
Saturday and Sunday: Closed

**** When paying or signing up for trips or classes, please try to come before 12p.m. or after 1:30 p.m. each day as this is when Akeyra' and Jeannine are at lunch. ****

Virginia Scenic Railway

Staunton, VA

Experience the charm and beauty of Virginia's Shenandoah Valley as the Alleghany Special ventures westward from historic Staunton through beautiful farmland of the Shenandoah Valley, on a destination bound for the George Washington and Jefferson National Forests.

Bounded by the Blue Ridge and Alleghany mountains, the Shenandoah Valley region is rich in historic and natural resources.

This excursion will take you through the region's iconic rural landscapes — you'll pass by working farms with cattle, horses, and sheep. Views of the Alleghany Mountains will unfold as you venture west; it is a photographer's dream. The train turns around in the hamlet of Goshen in Rockbridge County.

Along the way, you may get to experience the thrill of a passing Amtrak train or a working freight train.

Day Trip: Sept. 11, 2025

Leave Center: 7 a.m.

Return to Center: 6 p.m.

Trip Cost: \$160.00

Sign up begins: August 18 @ 8:30 a.m.

**Trip cost includes: bus, railroad trip,
and meal**

Please see Akeyra' to choose your meal option.

Senior Center Happenings

Save The Date:

- August 7– Tech Class: Using Email on your phone @ 10 A.M.

- August 13- Veterans Service Officer,

Wanda Jones, will be here from 11 A.M. to 1 P.M.

- August 14–Day Trip to Rudy Theatre

- August 14– Tech Class: Computer Basics @ 10 A.M.

- August 21– Tech Class: Getting Organized with your phone @ 10 A.M.

- August 27– Veteran's Breakfast 9:00 A.M.

- August 27- Veterans Service Officer,

Wanda Jones, will be here from 11 A.M. to 1 P.M.

- August 27– Cake decorating class with

Annette Jordan at 1:00 P.M. Come with an

already iced cake with the color of your liking and lets decorate.

Decoration supplies provided.

- August 28– NO Tech Class

- September 3– Paint class with Dawn at

1:00 P.M.

- September 10– Paint class with Dawn at

1:00 P.M.

- September 27– Car show at the Bright leaf

hoedown downtown at the Yanceyville Square.

**** Carol's class will be back in September. No dates known at this time****

**** We will be accepting school supply donations until August 11****

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>\$\$ = Charge for Class</p>	<p>Follow us on Facebook!</p> <p>"Caswell County Senior Center"</p>	<p>Check out some of our new additions to the newsletter!</p>	<p><u>SUGGESTIONS</u></p> <p>Any ideas on Day Trips for 2026? Come in or call us to let us know</p>	<p>1 8:30 Fit-4-Life\$\$ 9:30 Line Dance 10:00 Congregate Meets— Hand Exercises for Arthritis</p>
<p>4 10:00 Congregate Meets—Table Tennis 10:00 T'ai Chi \$\$ (in craft room)</p>	<p>5 8:30 Fit-4-Life \$\$ 9:00 Choir 9:30 Congregate Meets—STHL Updates w/ Marilyn and Sylvia 10-12 Tech Drop-in</p>	<p>6 10:00 -Congregate Meets— Checkers 1:15 Yoga w/Frank\$\$</p>	<p>7 10:00 Congregate Meets— Trey w/ North Village 10:00-Tech Class</p>	<p>8 8:30 Fit-4-Life\$\$ 9:30 Line Dance 10:00 Congregate Meets— Join us for a sing-a-long</p>
<p>11 10:00 Congregate Meets—Chair Volleyball 10:00 T'ai Chi \$\$ (in craft room)</p>	<p>12 8:30 Fit-4-Life\$\$ 9:00 Choir 10:00 Congregate Meets—Gospel-n-song w/ Darrell Justice 10-12 Tech Drop-in</p>	<p>13 10:00 Congregate Meets— Join us for a game of UNO 11-1 Veterans Service Officer 1:15 Yoga w/Frank\$\$</p>	<p>14 10:00 Congregate Meets—BINGO 10:00 Tech Class 10:30-11:30— BP Checks with Benton Cay</p>	<p>15 8:30 Fit-4-Life\$\$ 9:30 Line Dance 10:00 Congregate Meets—What changes have you seen in your lifetime?</p>
<p>18 10:00 Congregate Meets— Movie Day " Miracles from Heaven" 10:00 T'ai Chi \$\$ (in craft room)</p>	<p>19 8:30 Fit-4-Life\$\$ 9:00 Choir 10:00 Congregate Meets—Karaoke w/ Gail & Family 10-12 Tech Drop-in</p>	<p>20 9:00 Advisory Committee 10:00 Congregate Meets— What was your occupation? 1:15 Yoga w/Frank\$\$</p>	<p>21 10:00 Congregate Meets—Senior Citizen Day, Let's Celebrate YOU! 10:00 Tech Class</p>	<p>22 8:30 Fit-4-Life\$\$ 9:30 Line Dance 10:00 Congregate Meets—Don't get scammed</p>
<p>25 10:00 Congregate Meets—Birthday BINGO 10:00 T'ai Chi \$\$ (in craft room)</p>	<p>26 8:30 Fit 4 Life \$\$ 9:00 Choir 10:00 Congregate Meets—Brain Health w/ Jodi Hernandez 10-12 Tech Drop-in</p>	<p>27 9:00 – Veterans Breakfast 10:00 Congregate Meets-Dominos 10:00 Scrapbooking 11-1 Veterans Service Officer 1:00 Cake Decorating with Annette Jordan 1:15– Yoga w/ Frank\$\$</p>	<p>28 10:00 Congregate Meets— Rock Painting No Tech Class</p>	<p>29 8:30 Fit-4-Life\$\$ 9:30 Line Dance 10:00 Congregate Meets—Grief Awareness w/ Kaitlin Boger from AuthoraCare</p>