

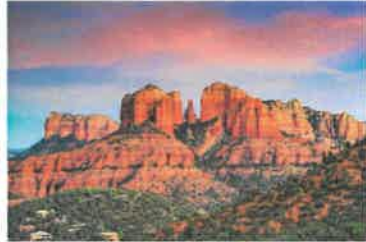
# Caswell Senior Center



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

## *Gadabout Travel News*

*The results are in for the October trip and the winner is . . .*



### *The Beautiful Southwest!*

*So pack your bags for a delightful tour featuring the Albuquerque International Balloon Fiesta. We will also visit White Sands National Park, Red Rock State Park, and see the sites of Phoenix, Scottsdale, and Sedona. Cost is \$2599 per person based on double occupancy and includes air fare.*

*Lancaster and Hershey, PA are on the travel agenda for June 5-8. Cost is \$599 per person based on double occupancy. Highlights include the Sight & Sound production of "Moses", guided tour of Amish Farmlands, and Hershey's Chocolate World. Call the Senior Center for more details.*

### *Are You Interested?*

*As we have mentioned in previous newsletters, we are exploring a variety of programs and classes. There are two that we would like to offer and we would like to know if you are interested. We are looking at offering a cooking class that would extend for a couple of sessions and that would share with you tips on having a healthier lifestyle when it comes to eating habits.*

*Our second class would be a CPR class. We would have an instructor show you how to perform CPR on adults as well as small children. You would also learn the appropriate way to perform the Heimlich maneuver. If you are interested in either of these classes, please call Cindy at 336-694-7447*

## *Notes from Jeannine*

### *Nutrition as We Age*

*As we age we become more likely to have chronic health issues. We are at greater risk of having chronic diseases such as high blood pressure, high cholesterol, heart disease and cancer. We are not as active as we once were. Our muscle and bone mass begin to change which can cause osteoporosis.*

*The good news is that we can stop some of these risk by being more conscious about having a healthier diet and moving more.*

*Having an active lifestyle, putting more vegetables and fruit in your diet, reducing the fried foods and sugar along with soft drinks can give you more energy and ward off the chronic illnesses.*

*Drinking plenty of water, watching what you eat and having an active lifestyle will help you reduce your chances of having chronic health issues. Some illnesses are hereditary and you may have no control, but how severe the disease is may depend on how healthy your lifestyle is.*

## **National Nutrition Month Academy of Nutrition and Dietetics**

*National Nutrition Month was created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. This year's theme is "Fuel for the Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment.*

*Seeing a registered dietitian can be a great resource to learn how to... Enjoy more plant-based meals and snacks, Purchase foods with minimal packaging, Buy foods in season and grown locally when possible and Start a container or backyard garden to grow food at home. A dietitian can show you how nutrient needs change as you age and can share personalized nutrition information to meet your health needs.*

*Learn to plan your meals and snacks, see what you have at home before you go shopping. It's always a good idea to have a grocery list when purchasing food. Avoid fad diets that promote unnecessary restrictions and find creative and healthier ways to cook your favorite meals.*

## **AMD/Low Vision Awareness**

*There are millions of people in the United States living with a Visual impairment. A visual impairment can make it hard to do everyday activities like driving, reading, or cooking. And it can't be fixed with glasses, contacts or other standard treatments like medicine or surgery.*

*There are vision rehabilitation services that can help those with a visual impairment make the most of the vision they have so they can keep doing the things they love. Take time to read and spread the word about vision rehabilitation.*

### **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  
Wig Closet



Hours of Operation:

Monday - Friday

8:00am-5:00pm

336-694-7447

# Senior Center Happenings

## **Veterans Service Officer**

Our Veterans' Service Officer, Wanda Jones, is at the Senior Center twice a month to assist you. She will be at the Center **on Wednesday March 08 and March 22.** Appointments are first come, first serve beginning at 11 am.



## **Breakfast and Conversation**

Join us every **4th Wednesday at 9:00 am** (March 22nd) 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. Breakfast provided by Central Ruritan Club in Yanceyville.



## **Paint Class with Carol**

Its time to paint. Carol will join us on **Wednesday, March 29 , at 9:30 am.** All materials will be supplied to you. Cost for the class is \$3. You can sign up for this class starting **March 08 at 8:30 am.** Seating is limited so you will only be able to sign yourself up.



## **Blood Drive**

It's that time again to give blood. Oneblood will join us again on **Wed. March 8th** for blood donations. For those who donate, you will receive a \$20 e-gift card and a oneblood t-shirt. You will also receive a wellness check consisting of a blood pressure, iron and cholesterol check. You can register by going to [oneblood.org](http://oneblood.org) just look for the Caswell Senior Center drive. Give and save a life!



## **Community Events**

Farmers Market Opens on Thursday April 20 @ 4pm  
New Site is Pavilion next to Town Hall.

## **Caswell Community Lunch**

Next Luncheon—March 15 11:30am  
@ Co-Square 106 Court Square, Yanceyville

## **New Restaurant Opening In Yanceyville**

Village Twenty Eight opened Feb. 23  
Hours are: Thurs. 5p-9p, Fri. & Sat. 5p-10p  
28 West Main St., Yanceyville



# March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Follow us on Facebook!</p> <p>"Caswell County Senior Center"</p>		<p><b>1</b></p> <p>10:00 Congregate Meets—Community Paramedic/CPR Tips</p>	<p><b>2</b></p> <p>10:00 Congregate Meets—Quiz Time</p> <p>1:00 Bible Study</p> <p>1:15 Yoga w/Frank\$\$</p>	<p><b>3</b></p> <p>8:30 Fit-4-Life \$\$</p> <p>9:00 Computer Class</p> <p>10:00 Congregate Meets— Who was the most influential person in your life and why?</p>
<p><b>6</b></p> <p>10:00 Congregate Meets-Test your golf skills-Mini Golf</p> <p>10:00 T'ai Chi (in craft room)\$\$</p>	<p><b>7</b></p> <p>8:30 Fit-4-Life \$\$</p> <p>9:00 Choir</p> <p>9:30— Congregate Meets-Devotional w/ Jeleesa Hardin</p> <p>1:15 Yoga w/Frank\$\$</p>	<p><b>8</b></p> <p>10:00 -Congregate Meets-International Womens Day</p> <p>11-1 Veterans Service Officer</p> <p>9-3 Blood Drive</p>	<p><b>9</b></p> <p>10:00 Congregate Meets—Delicious "No Cook" Healthy Foods</p> <p>1:00 Bible Study</p> <p>1:15 Yoga w/Frank\$\$</p>	<p><b>10</b></p> <p>8:30 Fit-4-Life\$\$</p> <p>9:00 Computer Class</p> <p>10:00 Congregate Meets—Trivia Time</p>
<p><b>13</b></p> <p>10:00 Congregate Meets—Chair Exercises</p> <p>10:00 T'ai Chi (in craft room)\$\$</p>	<p><b>14</b></p> <p>8:30 Fit-4-Life\$\$</p> <p>9:00 Choir</p> <p>10:00 Congregate Meets – Crafts w/ Doris &amp; Savannah</p> <p>1:15 Yoga w/Frank\$\$</p>	<p><b>15</b></p> <p>10:00 Congregate Meets-Irish Blessing/ Write Your Own</p>	<p><b>16</b></p> <p>10:00 Congregate Meets—Trey w/North Village Pharmacy</p> <p>1:00 Bible Study</p> <p>1:15 Yoga w/Frank\$\$</p>	<p><b>17</b></p> <p>8:30 Fit-4-Life\$\$</p> <p>9:00 Computer Class</p> <p>10:00 Congregate Meets—St. Patricks Day Bingo</p> 
<p><b>20</b></p> <p>10:00 Congregate Meets-Share Your Occupation. What Did You Do For a Living?</p> <p>10:00 T'ai Chi (in craft room)\$\$</p>	<p><b>21</b></p> <p>8:30 Fit-4-Life\$\$</p> <p>9:00 Choir</p> <p>10:00 Congregate Meets-Nutrition Tips from Sonya Patterson</p> <p>1:15 Yoga w/Frank\$\$</p>	<p><b>22</b></p> <p>9:00 Veterans Connect Breakfast</p> <p>10:00 Congregate Meets—Medicare Fraud Awareness</p> <p>10:30 Scrapbooking</p> <p>11-1 Veterans Service Officer</p>	<p><b>23</b></p> <p>10:00 Congregate Meets –Birthday Bingo</p> <p>1:00 Bible Study</p> <p>1:15 Yoga w/Frank\$\$</p>	<p><b>24</b></p> <p>8:30 Fit-4-Life\$\$</p> <p>9:00 Computer Class</p> <p>10:00 Congregate Meets –Prize Walk/ (Like Cake Walk)</p>
<p><b>27</b></p> <p>10:00 Congregate Meets-Optical Illusions-What do You See?</p> <p>10:00 T'ai Chi (in craft room)\$\$</p>	<p><b>28</b></p> <p>8:30 Fit-4-Life\$\$</p> <p>9:00 Choir</p> <p>10:00 Congregate Meets – Let's Travel to Ireland</p> <p>1:15 Yoga w/Frank\$\$</p>	<p><b>29</b></p> <p>9:30 Paint with Carol</p> <p>10:00 Congregate Meets—Dominoes</p>	<p><b>30</b></p> <p>10:00 Congregate Meets—Line Dancing w/Savannah &amp; Gloria</p> <p>1:00 Bible Study</p> <p>1:15 Yoga w/Frank\$\$</p>	<p><b>31</b></p> <p>8:30 Fit-4-Life \$\$</p> <p>10:00 Congregate Meets– Jane Allen Furrow joins us to talk -"How to be a Healthier You"</p>



Let the Shopping Begin!

March 17th

Join us on Friday, March 17th, for a fun shopping experience with your Senior Center friends. We will leave the center at 8:30 am, travel to Hamrick's, then on to lunch at K&W and more shopping at Friendly Center. Cost is \$10 per person. CATS will provide our transportation and we will return to the center by 5:00 pm. Registration opens on Monday, March 6th, at 8:30.

ONE BLOOD

# 2023 Blood Drive Dates

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*March 08*

*May 31*

*Aug. 30*

*Nov. 08*

Save the dates for the 2023  
Senior Center Blood Drives. You  
can go online to [oneblood.org](https://oneblood.org) to  
register.  
Save A LIFE