

# **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***

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### ***Day Trip for May: Earl Scruggs Center***



***Thursday***

***May 22, 2025***

***Join us as we travel to the Earl Scruggs Center just a few miles from where he was born and raised. Earl was a famous American singer who popularized playing the three finger Banjo. After touring the center we will visit the Arts Council, restaurants, and a few shops on the strip.***

***We will leave the senior center at 7:00 am and return by 7:00pm. Cost for the trip is \$27.***

***Registration will begin Friday , May 9 @ 8:30 am. You can only register yourself.***



**Hours of Operation:**

**Monday - Friday**

**8:00am-5:00pm**

**Saturday and  
Sunday: CLOSED**

## May is Mental Health Awareness Month

*Mental Health is defined as the component of behavioral health that Includes emotional, psychological, and social well-being. Join us for a Mental Health pow wow session with Jon Fields and Ethel Alexander from RHA on May 27 at 10 a.m.*



### Senior Services

Information and Referral  
Fitness Health Promotion  
Senior Games  
Transportation Medical/General  
Caregiver Classes  
Cancer Relief Fund  
Energy Assistance  
Medicare/Medicaid 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

**Shred Day-Save the Date— May 16th 10:30a.m.—6:30p.m.**

Mark your calendars to bring all those things you've wanted to shred,

More information in the May newsletter



## **Save The Date**

**May 2nd —Return of First Fridays 7:00 pm**

**Food for purchase, Music by the “Andy Burnette Trio” & a Car Cruise in**

**May 3rd—Baldwin Farms presents “Baldwin Spring Farm Day”**

**10:00 am—3:00 pm- Craft Vendors, food, and wagon rides**

**May 8th— Mother’s Day Luncheon at the Senior Center**

**May 9th— Jon Fields and Ethel Alexander, from RHA, will speak on Mental Health Awareness at 10:00 a.m.**

**May 14 & May 28: Veteran Service Officer: Wanda Jones**

**May 26th— Blue Grass Festival @Camp Springs Campground**

**May 28— Veteran’s Breakfast 9:00 A.M. All Veterans Welcome**

**May 28— Blood Drive 9:30 A.M.— 2:30 P.M. Go to [oneblood.org](http://oneblood.org) to schedule your appointment. Look for Caswell County Gov’t**

**We have a new Administrative Assistant!. Akeyra’ Willis joined our team the beginning of April and has been a great asset to the senior center. Always has a smile on her face and is always happy. I hope you will stop in and meet her the next time you are at the center.**



# May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>\$\$ = Charge for Class</p>	<p>Follow us on Facebook!</p> <p>"Caswell County Senior Center"</p>	<p><u>Have any suggestions on trips or activities??</u></p> <p><u>Call us and let us know!!</u></p>	<p><b>1</b></p> <p>10:00 Congregate Meets— Chair Exercises</p> <p>10:00 Tech Class</p>	<p><b>2</b></p> <p>8:30 Fit-4-Life\$\$</p> <p>9:30 Line Dance</p> <p>10:00 Congregate Meets—Walk to the music</p>
<p><b>5</b></p> <p>10:00 Congregate Meets— Celebrate Cin-co de Mayo</p> <p>10:00 T'ai Chi \$\$ (in craft room)</p>	<p><b>6</b></p> <p>8:30 Fit-4-Life \$\$</p> <p>9:00 Choir</p> <p>9:30 Congregate Meets—A visit from Fred Motley</p> <p>10:00 am Tech Drop In</p>	<p><b>7</b></p> <p>10:00 -Congregate Meets—Horseshoes</p> <p>1:15 Yoga w/Frank\$\$</p>	<p><b>8</b></p> <p>10:00 Congregate Meets— Lets Celebrate Moms</p> <p>10:00-Tech Class</p> <p>1:00 Mother's Day Luncheon</p>	<p><b>9</b></p> <p>8:30 Fit-4-Life\$\$</p> <p>9:30 Line Dance</p> <p>10:00 Congregate Meets— Birthday Bingo</p>
<p><b>12</b></p> <p>10:00 Congregate Meets—Let's Discuss UTI's</p> <p>10:00 T'ai Chi \$\$ (in craft room)</p>	<p><b>13</b></p> <p>8:30 Fit-4-Life\$\$</p> <p>9:00 Choir</p> <p>10:00 Congregate Meets—Virtual De-mentia</p> <p>10-12 Tech Drop-in</p>	<p><b>14</b></p> <p>9:00 Advisory Comm.</p> <p>10:00 Congregate Meets—Chair Volleyball</p> <p>11-1- Veteran Service Officer</p> <p>1:15 Yoga w/Frank\$\$</p>	<p><b>15</b></p> <p>10:00 Congregate Meets—Sing along</p> <p>10:00 Tech Class</p>	<p><b>16</b></p> <p>8:30 Fit-4-Life\$\$</p> <p>9:30 Line Dance</p> <p>10:00 Congregate Meets—Library Trip: Must RSVP</p>
<p><b>19</b></p> <p>10:00 Congregate Meets—Bingo</p> <p>10:00 T'ai Chi \$\$ (in craft room)</p>	<p><b>20</b></p> <p>8:30 Fit-4-Life\$\$</p> <p>9:00 Choir</p> <p>10:00 Congregate Meets—Policy Changes How They Impact Caswell</p> <p>10-12 Tech Drop-in</p>	<p><b>21</b></p> <p>10:00 Congregate Meets— Corn Hole</p> <p>1:00— Paint with Dawn\$\$</p> <p>1:15 Yoga w/Frank\$\$</p>	<p><b>22</b></p> <p>9:30— Paint with Carol \$\$</p> <p>10:00 Congregate Meets— Devotion with Darrell Justice</p> <p>10:00 Tech Class</p> <p>Day Trip</p>	<p><b>23</b></p> <p>8:30 Fit-4-Life\$\$</p> <p>9:30 Line Dance</p> <p>10:00 Congregate Meets—Popcorn &amp; movie: A Question of Faith</p>
<p><b>26</b></p> <p>Office Closed for Memorial Day</p>	<p><b>27</b></p> <p>8:30 Fit 4 Life \$\$</p> <p>9:00 Choir</p> <p>10:00 Congregate Meets— Mental Health Awareness with Jon Fields and Ethel Alexander</p> <p>10:00 am Tech Drop In</p>	<p><b>28</b></p> <p>9:00 am Veterans Breakfast</p> <p>10:00 Congregate Meets-Bowling with the WII</p> <p>11-1 Veteran Service Officer</p> <p>1:00— Paint with Dawn\$\$</p> <p>1:15— Yoga w/ Frank</p>	<p><b>29</b></p> <p>10:00 Congregate Meets— Stretch those Bodies</p> <p>10:00 Tech Class</p>	<p><b>30</b></p> <p>8:30 Fit-4-Life\$\$</p> <p>9:30 Line Dance</p> <p>10:00 Congregate Meets—Creativity Day</p>