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

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

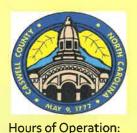
May is Mental Health Awareness Month

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

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