

Senior Center Happenings

Breakfast and Conversation

Join us every **4th Wednesday at 9:00 am (March 27)** 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.



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 13 and March 27.** Appointments are first come, first serve beginning at 11 am.



Tech Tuesdays with Tyler

Have a question about your phone or tablet or some other digital device? Or the applications that you use on them? Tyler Cobb with Cooperative Extension will be coming to the Senior Center every other Tuesday for a Tech Drop-in. This will be a dedicated time (10:00am - 12:00pm) for you to ask questions about your device (phone, computer) and learn the answers. Any and all questions are welcome! Please bring your device with you. Tyler will be here for the first session on *March 5th*. Come see him!



Senior Center without Walls

The Senior Center is now offering *T'ai Chi* in the Semora Community. Experienced instructor Darcy Wudel leads the class. *Wednesdays @ 10 am thru September 18th, Semora Ruritan Building*



Cake Decorating Class

Our friend, Annette Jordan, will lead us in a cupcake decorating class on **Wednesday, March 13 at 1 PM**. Annette brings years of experience and enthusiasm to the class. Come indulge your creative side! No charge, just let Cindy know if you will be attending.



Coming April 25th

5:00 pm

We're having a parking lot dance!

*Live
music*





Singles Potluck Dinner

Caswell Senior Center Tuesday, March 26th
5:30 pm

Bring you favorite side dish or dessert and join us for our first Singles Potluck Dinner. The Senior Center will supply the main dish. Bring a friend or make new friends! Find someone with a common interest. Enjoy card games? Find some playing partners. Play an instrument? Start your own singles band. Love to dance? We bet you will meet others that love it to. Come on over and get acquainted!



Please call Cindy at 336-694-7447 to let us know you are coming!

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Follow us on Facebook! "Caswell County Senior Center"</p>		 <p>NATIONAL NUTRITION MONTH —MARCH—</p>		<p>1 8:30 Fit-4-Life\$\$ 9:30 Line Dance 10:00 Congregate Meets— March Trivia</p>
<p>4 10:00 Congregate Meets— Chair Exer- cises 10:00 T'ai Chi (in craft room)\$\$</p>	<p>5 8:30 Fit-4-Life \$\$ 9:00 Choir 9:30 Congregate Meets-Fulton Wal- ton Funeral Home 10-12 Tech w/ Tyler 1:15 Yoga w/Frank\$\$</p>	<p>6 10:00 -Congregate Meets- Let's Play Cornhole</p>	<p>7 10:00 Congregate Meets— Craft w/ Betty & Odessa 1:15 Yoga w/Frank\$\$</p>	<p>8 8:30 Fit-4-Life\$\$ 9:30 Line Dance 10:00 Congregate Meets— Who Is Oscar?</p>
<p>11 10:00 Congregate Meets— Daylight Savings History & Facts 10:00 T'ai Chi (in craft room)\$\$</p>	<p>12 8:30 Fit-4-Life\$\$ 9:00 Choir 10:00 Congregate Meets – Sonya Patter- son / Are You Ready? 1:15 Yoga w/Frank\$\$</p>	<p>13 10:00 Congregate Meets-Just for Laughs 11-1 Veterans Service Officer 1:00 Cake Decorating Class</p>	<p>14 10:00 Congregate Meets— Bingo w/ Teresa-Authoracare 1:15 Yoga w/Frank\$\$</p>	<p>15 8:30 Fit-4-Life\$\$ 9:30 Line Dance 10:00 Congregate Meets— A Bit Of Ireland</p>
<p>18 10:00 Congregate Meets-Spring Picnic Safety 10:00 T'ai Chi (in craft room)\$\$</p>	<p>19 8:30 Fit-4-Life\$\$ 9:00 Choir 10:00 Congregate Meets– Traumatic Brain Injury 10-12 Tech w/ Tyler 1:15 Yoga w/Frank\$\$</p>	<p>20 9:00 Advisory Committee 10:00 Congregate Meets—Take the Domino Challenge</p>	<p>21 10:00 Congregate Meets – Let's Visit the Library/please sign-up w/ Rev. Walker 1:15 Yoga w/Frank\$\$</p>	<p>22 8:30 Fit-4-Life\$\$ 9:30 Line Dance 10:00 Congregate Meets – Chair Exercises</p>
<p>25 10:00 Congregate Meets—B'Day Bingo 10:00 T'ai Chi (in craft room)\$\$</p>	<p>26 8:30 Fit-4-Life\$\$ 9:00 Choir 10:00 Congregate Meets– Senior Clef Choir 1:15 Yoga w/Frank\$\$ 5:30 Singles Potluck</p>	<p>27 9:00 Veterans Coffee & Conversation 10:00 Congregate Meets—Coloring for Relaxation 10:30 Scrapbooking 11-1 Veterans Service Officer</p>	<p>28 10:00 Congregate Meets – Crafts w/ Savannah & Doris 1:15 Yoga w/Frank\$\$</p>	<p>29 Senior Center Closed</p> 

Medical Supplies Available at the Senior Center

The Senior Center has received many donations of medical and incontinent supplies. If you know of someone who has a need for re-usable underpads, chucks, disposable underwear or diapers please call the Senior Center. We also have walkers, an Inogen backpack, and additional healthcare items. Call 336-694-7447 and ask for Jean-nine or Cindy.

OneBlood Blood Drive

Caswell Senior Center

Wednesday, March 13

9:30—2:30

Did you know?

There is no substitute for blood, and it cannot be manufactured in a lab.

Blood cannot be manufactured outside the body and has a limited shelf life.

More than 25% of the blood supply is used by patients battling cancer.

1 out of every 83 childbirths will require a blood transfusion.

The second most common medical procedure in U.S. hospitals is the

transfusion of blood and blood products.

We invite you to donate by signing up at <https://www.oneblood.org/donate-now.html>



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

DIABETES:

Let's talk about sugar.

Pelham Community Center
161 Community Center Rd.
Pelham N.C. 27311

Time: 11:00 am - 12:30pm
March 7 and March 14, 2024

Time: 11:00 am - 12:30pm
Sponsored By:
Caswell County Senior Center
Phone: 336-694-7447

Presented By: REACH AmeriCorps Health Educators



AmeriCorps



REACH



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