

Location: 649 FireTower Rd.

Caswell Senior Center

Activities: 10:00 AM

Luncheon: 11:30 AM

September 2025

Senior Center Golden Friends

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 1 CLOSED | 2 Let's Take a Couple of Laps around the Center | 3 Sickle Cell Presentation | 4 What Does Healthy Aging Look Like | 5 Line Dancing w/ Elsie  |
| 8 Senior Adult Drivers  | 9 "Remembering Doc" (Robert Warren) w/ Sandy Warren | 10 Fall Prevention Bingo w/Tricia Smar from- Duke University | 11 Chrystal Davis Talks about 911 | 12 Let's Play UNO  |
| 15 Social Connections Why Are They So Important?  | 17 Annette Stubblefield Dan River Prison Work Farm Shares. | 17 Movie Day "SecondHand Lions" w/Michael Caine & Robert Duvall | 18 Dr. Mullis w/Compassion Healthcare Talks About "Allopecia" | 19 Wayne Joins Us From The Library |
| 22 Updates & Changes to Medicare w/ Desiree Medicare.gov | 23 Vicki Futch, RN Caswell Hth Dept. What is Lyme Disease? | 24 2nd Annual Falls-Free Expo. In Winston Salem Please RSVP w/ Claude  | 25 RHA Health Services Talks Suicide Prevention | 26 Chair Exercises  |
| 29 Crafts w/ Savannah  | 30 Birthday Bingo  | | | |