

# Gadabout Newsletter

ISSUE #9

CASWELL SENIOR  
CENTER



September 2025



Experience the charm and beauty of Virginia's Shenandoah Valley as the Alleghany Special ventures westward from historic Staunton through beautiful farmland of the Shenandoah Valley, on a destination bound for the George Washington and Jefferson National Forests.

Bounded by the Blue Ridge and Alleghany mountains, the Shenandoah Valley region is rich in historic and natural resources. This excursion will take you through the region's iconic rural landscapes — you'll pass by working farms with cattle, horses, and sheep. Views of the Alleghany Mountains will unfold as you venture west; it is a photographer's dream. The train turns around in the hamlet of Goshen in Rockbridge County.

Along the way, you may get to experience the thrill of a passing Amtrak train or a working freight train.

**This trip is currently at full capacity.**

**If you'd like to be added to our waiting list, please give us a call—we'll be happy to notify you if a spot becomes available!**

**Day Trip: Sept. 11**

**Leave center: 6:45 A.M.**

**Return to center: 6 P.M.**

**Trip Cost: \$160.00- includes ticket, bus, and lunch. Please see Akeyra' to choose your lunch option.**

**Sign up begins: August 18 @ 8:30 AM and ends August 29 @ 3:30 PM**





Thursday, September 18th

Shop 'til you drop! Board the bus for Hamrick's, have lunch on your own at Golden Corral, then we head over to Friendly Center to complete the trip. Cost is \$10.00 per person. We will leave the Senior Center at 8:30 am and return by 5:00 pm.

Registration opens Friday, September 6th, at 8:30 am.

**Seating is limited!**



## Day Trip for October: NC State Fair

Join us as we travel to the state fair on Senior Citizens Day for some great fun and food. We will arrive at 9 a.m. to go through the gate; this is a free event. Bojangles biscuits and coffee served starting at 9 a.m. on the Dorton Patio near the waterfall. There will be a program with Commissioner Steve Troxler along with live music to celebrate the day beginning at 10 a.m. There will be many food trucks and concessions to fill you up while you ride rollercoasters or just walk around.

Date: October 21, 2025

Leave center: 7:30 A.M.

Return to center: 5:00 P.M.

Cost of trip: \$10.00 (covers transportation)

Registration begins: October 1, 2025 @ 8:30 A.M.

# Thank you ~

💖 A Heartfelt Thank You from the Senior Center 💖

The Senior Center extends our deepest gratitude to everyone who generously contributed to our Grandparents Raising Grandchildren Back to School Program.

Your kindness and support have made a meaningful difference in the lives of families in our community. Thanks to your donations, grandparents who have stepped up to raise their grandchildren were able to send them back to school with the supplies, confidence, and encouragement they need to thrive. Your compassion has not only lightened their load—it has lifted their spirits.

Together, we're building a stronger, more caring community. Thank you for being part of it. 🌟

Senior Center Staff



# Spaghetti Lunch

Date: Sept 10, 2025

Time: 12pm to 2pm

Dine in or take out

Where: Senior Center

Price: \$8.00

Includes: Spaghetti, salad, garlic  
bread, drink, and dessert

All proceeds go back into the Senior Center

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**All Trips are first come, first serve**

 Day Trip Sign-Up Reminder

Please remember bus loading order is based on the order in which  
you sign up.

To ensure a smooth and enjoyable experience for everyone:

- Be kind and respectful to staff and fellow seniors during sign-up.
- Practice patience and courtesy while loading  
and unloading the bus.

Your cooperation helps make our trips pleasant for all.

Thank you!

# Senior Center Happenings

## Save The Date:

- **September 4– Computer Basics @ 10:00 A.M.**

- **September 10 -Veterans Service Officer,**

**Wanda Jones, will be here from 11 A.M. to 1 P.M.**

- **September 10– Dawn's paint class@ 1:00 P.M. Please RSVP to attend.**

- **September 11– Phone Basics @ 10:00 A.M.**

- **September 11–Day Trip to Virginia Scenic**

**Railway in Staunton, VA. Leave center at 6:45 A.M.**

- **September 12– Cherry Grove Ruritan Bingo**

**@ 6:30 P.M.**

- **September 13– Caswell Ruritan breakfast 7 A.M.**

**to 10 A.M.**

- **September 17– Dawn's paint class@ 1:00 P.M. Please RSVP to attend.**

- **September 18– Computer Basics @ 10:00 A.M.**

- **September 24– Veteran's Breakfast 9:00 A.M.**

- **September 24 - Veterans Service Officer,**

**Wanda Jones, will be here from 11 A.M. to 1 P.M.**

- **September 25– Phone Basics @ 10:00 A.M.**

- **September 27-Semora Ruritan breakfast 7 A.M.**

**to 10 A..M.**

- **September 27– Car show at the Brightleaf hoedown**



# September 2025

<b>1</b> <b>Center is closed</b>	<b>2</b> 8:30 Fit-4-Life \$\$ 9:00 Choir <b>9:30 Congregate Meets—</b> Let's take a couple of laps around the center 10-12 Tech Drop-in	<b>3</b> <b>10:00 -Congregate Meets—</b> Sickie Cell Awareness Pow Wow with Donna Waddell along with devotional singing 1:15 Yoga w/Frank\$\$	<b>4</b> <b>10:00 Congregate Meets—</b> What does healthy aging look like 10:00-Tech Class	<b>5</b> 8:30 Fit-4-Life\$\$ 9:30 Line Dance <b>10:00 Congregate Meets—</b> Line Dancing with Elsie
<b>8</b> <b>10:00 Congregate Meets—</b> Senior adult drivers 11:00 T'ai Chi \$\$ (in craft room)	<b>9</b> 8:30 Fit-4-Life \$\$ 9:00 Choir <b>10:00 Congregate Meets—</b> "Remembering Doc" (Robert Warren) w/ Sandy Warren 10-12 Tech Drop-in	<b>10</b> <b>10:00 -Congregate Meets—</b> Fall Prevention Bingo w/ Tricia Smar from Duke University <a href="#">11-1 Veterans Service Officer</a> <a href="#">1:00 Paint w/ Dawn</a> 1:15 Yoga w/Frank\$\$	<b>11</b> <b>10:00 Congregate Meets—</b> Chrystal Davis talks about g11 10:00-Tech Class	<b>12</b> 8:30 Fit-4-Life\$\$ 9:30 Line Dance <b>10:00 Congregate Meets—</b> Let's Play Uno
<b>15</b> <b>10:00 Congregate Meets—</b> Social Connections: Why they are so important? 10:00 T'ai Chi \$\$ (in craft room)	<b>16</b> 8:30 Fit-4-Life\$\$ 9:00 Choir <b>10:00 Congregate Meets—</b> Annette Stubblefield from Dan River Prison Farm 10-12 Tech Drop-in	<b>17</b> 9:00 Advisory Committee <b>10:00 Congregate Meets—</b> Movie Day "SecondHand Lions" w/ Michael Caine & Robert Duvall 1:00 Paint w/ Dawn 1:15 Yoga w/Frank\$\$	<b>18</b> <b>10:00 Congregate Meets—</b> Dr. Mullis w/ Compassion Healthcare talks about "Alopecia" 10:00 Tech Class	<b>1+</b> 8:30 Fit-4-Life\$\$ 9:30 Line Dance <b>10:00 Congregate Meets—</b> Wayne joins us from the Library
<b>22</b> <b>10:00 Congregate Meets—</b> Updates & Changes to Medicare w/ Desiree 10:00 T'ai Chi \$\$ (in craft room)	<b>23</b> 8:30 Fit-4-Life\$\$ 9:00 Choir <b>10:00 Congregate Meets—</b> Vicki Futch, RN "What is Lyme Disease" 10-12 Tech Drop-in	<b>24</b> 9:00 Veterans Breakfast <b>10:00 Congregate Meets—</b> 2nd Annual Falls -Free Expo. In Winston Salem-Please RSVP w/ Claude <a href="#">11-1 Veterans Service Officer</a> 10:00— Scrapbooking 1:15 Yoga w/Frank\$\$	<b>25</b> <b>10:00 Congregate Meets—</b> Health Talk: Suicide Awareness with Jon Fields and Ethel Alexander from RHA 10:00 Tech Class	<b>26</b> 8:30 Fit-4-Life\$\$ 9:30 Line Dance <b>10:00 Congregate Meets—</b> Chair Exercises
<b>29</b> <b>10:00 Congregate Meets—</b> Crafts w/ Savannah 10:00 T'ai Chi \$\$ (in craft room)	<b>30</b> 8:30 Fit 4 Life \$\$ 9:00 Choir <b>10:00 Congregate Meets—</b> Birthday Bingo 10-12 Tech Drop-in	<b>Follow us on Facebook!</b> <b>"Caswell County Senior Center"</b>	<b><u>SUGGESTIONS</u></b> Any ideas on Day Trips for 2026? Come in or call us to let us know	<b>Check out some of our new additions to the newsletter!</b>



# Seated Exercise Activity for Seniors

**Chair March**



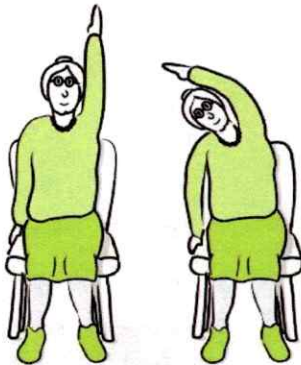
**Arm Swings**



**Chest Stretch**



**Arm Reaches**



**Body Twist**



**Leg Stretch**



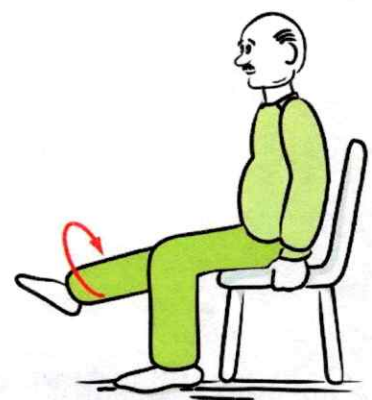
**Knee Taps**



**Leg Extend**



**Leg Circles**





# 5 Nutrition Tips For Senior Citizens

Nutrition Requirements Change With Age,  
Here Are Some Essential Diet Tips  
For Your Parents and Their



**1.**

**Avoid  
too much  
salt & sugar  
in their food**

**2.**

**Include  
fresh fruit  
& vegetables  
in their diet**



**3.**

**Give  
fatty fish  
to boost their  
mental health**



**4.**

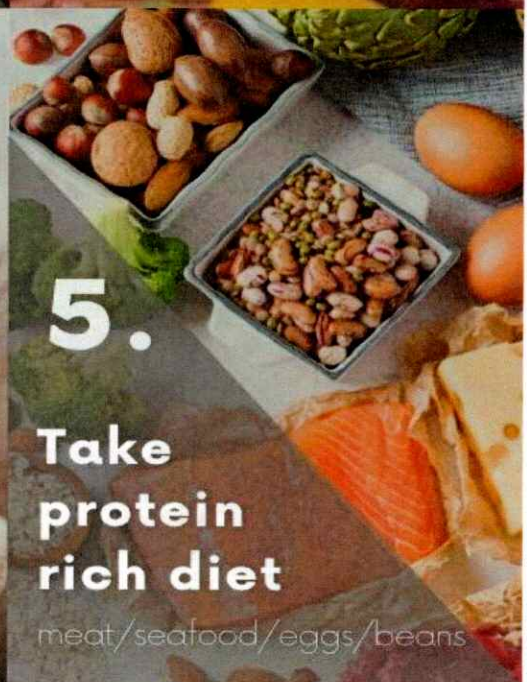
**Keep  
hydrated  
it improves  
their digestion**



**5.**

**Take  
protein  
rich diet**

meat/seafood/eggs/beans





Meet

James Dove

Meals on Wheels

# Volunteer SPOTLIGHT

**How long have you been volunteering with the senior center?**

Carolyn and I started delivering in 2007.

**What inspired you to start volunteering with Meals on Wheels?**

I believe in helping people. It gives me satisfaction knowing I helped someone.

**What would you say to someone who was considering volunteering with meals on wheels?**

I would highly recommend! Carolyn and I have been dedicated to helping others in the community. I am now delivering alone. Mr. Dove is a man of few words but says, Carolyn always encouraged him to help people when he could.

**What do you do outside of volunteering?**

I enjoy playing golf and watching sports.

