
GADABOUT NEWS

NO.10

* CASWELL SENIOR CENTER * OCTOBER 2025

DAY TRIP



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; it is free to enter. 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. Explore the fairgrounds, enjoy thrilling rides, and indulge in delicious treats from a wide variety of food trucks and concessions. Please note: food and ride costs are not included, and prices may vary.

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



NOVEMBER DAY TRIP

SOUTHERN SUPREME FRUITCAKE FACTORY

DATE: NOVEMBER 19, 2025

TIME: 8 AM

COST OF TRIP: \$20 (LUNCH IS NOT INCLUDED IN THE PRICE)

REGISTRATION BEGINS: OCTOBER 25, 2025

Southern Supreme Fruitcake Factory Trip

Southern Supreme has been crafting their famous fruitcakes for over four decades and has grown into a thriving, family-run business located in Bear Creek, North Carolina.

We'll kick off our day going to the Fruitcake Factory, where you'll find a delightful selection of fruitcakes, nuts, candies, preserves, and other baked treats; followed by lunch at Best Foods Cafeteria at 11:00 A.M.



Medicare Open Enrollment

October 15, 2025-December 7, 2025

If you have any questions or would like to schedule an appointment, please call 336-694-7447 and ask to speak with Desiree Benson-Senior Health Insurance Coordinator

Senior Center Happenings

Save The Date:

- October 1- Blood Drive at the Senior Center from 9:30 A.M.– 2:30 P.M.
- October 8– Dawn's paint class @ 1:00 P.M. Please RSVP to attend.
- October 8– Cake decorating class with Annette Jordan @ 2:30 P.M. in the dining room. Come with a pre-iced cake, color choice of your liking
- October 10- Angel Tree signups from the Salvation Army from 1:00 P.M.- 3:00 P.M. here at the Senior Center
- October 10– Cherry Grove Ruritan Bingo @ 6:30 P.M.
- October 11– Caswell Ruritan breakfast 7:00 A.M. to 10:00 A.M.
- October 15-Veterans Service Officer, Wanda Jones, will be here from 11:00 A.M. to 1:00 P.M.
- October 15– Dawn's paint class @ 1:00 P.M. Please RSVP to attend.
- October 15– Caswell Health Dept is doing drive through flu shots from 2:00 P.M.-6:00 P.M. Locations: Semora Fire Dept, Pelham Fire Dept, Prospect Hill Fire Dept, and Southern Caswell Ruritan Club. Please call them if you have any questions; 336-694-4129
- October 16-Carol's paint class @ 9:30 A.M. Please RSVP to attend.
- October 21–Day Trip to NC State Fair. Leave at 7:30 A.M.
- October 22– Veteran's Breakfast 9:00 A.M. All Veterans are welcomed
- October 24-Semora Ruritan breakfast 7:00 A.M. to 10:00 A.M.
- October 27– Candy Trail begins at 2:30 for all children. Please go to the Library to pickup the map.
- October 29- Veterans Service Officer, Wanda Jones, will be here from 11:00 A.M. to 1:00 P.M.
- October 29– Halloween themed Karaoke night at 5:30 P.M. at the Senior Center
- November 1– Community Connection Day at Semora Ruritan from 10:00 A.M.— 1:00 P.M.

Upcoming: We will be closed for the holidays; Veterans Day: 11/11,

Thanksgiving: 11/27&11/28, Christmas: 12/24-12/26, New Year's: 1/1/2026

October 2025

<p>Follow us on Facebook! "Caswell County Senior Center"</p>	<p><u>SUGGESTIONS</u> Any ideas on Day Trips for 2026? Come in or call us to let us know</p>	<p>1 10:00 Congregate Meets— Family Feud 1:15 Yoga w/Frank\$\$</p>	<p>2 10:00 Congregate Meets— How to prevent a fire 10:00-NO TECH CLASS</p>	<p>3 8:30 Fit-4-Life\$\$ 9:30 Line Dance 10:00 Congregate Meets— Devotion w/ Donna Waddell and Family</p>
<p>6 10:00 Congregate Meets— Chair Exercises 10:00 T'ai Chi \$\$ (in craft room)</p>	<p>7 8:30 Fit-4-Life \$\$ 9:00 Choir 10:00 Congregate Meets— "Until help arrives" w/ Angela Lipsomb 10-12 NO TECH DROP-IN</p>	<p>8 10:00 Congregate Meets— Word Search 1:00 Paint w/ Dawn\$\$ 1:15 Yoga w/Frank\$\$ 2:30 Cake decorating w/ Annette Jordan</p>	<p>9 10:00 Congregate Meets— Movie Day: Guess Who 10:00-Tech Class</p>	<p>10 8:30 Fit-4-Life\$\$ 9:30 Line Dance 10:00 Congregate Meets— Do you know what Raynaud's Syndrome is?</p>
<p>13 10:00 Congregate Meets— Lets walk for Breast Cancer Awareness: Wear Pink 10:00 T'ai Chi \$\$ (in craft room)</p>	<p>14 8:30 Fit-4-Life\$\$ 9:00 Choir 10:00 Congregate Meets— Choir to sing for Congregate 10-12 Tech Drop-in</p>	<p>15 9:00 Advisory Committee 10:00 Congregate Meets— Craft Day 11-1 Veterans Service Officer 1:00 Paint w/ Dawn\$\$ 1:15 Yoga w/Frank\$\$</p>	<p>16 9:30 Paint w/ Carol\$\$ 10:00 Congregate Meets— Lets go to the library 10:00 Tech Class</p>	<p>17 8:30 Fit-4-Life\$\$ 9:30 Line Dance 10:00 Congregate Meets— Birthday Bingo</p>
<p>20 10:00 Congregate Meets— Corn Hole Toss 10:00 T'ai Chi \$\$ (in craft room)</p>	<p>21 8:30 Fit-4-Life\$\$ 9:00 Choir 10:00 Congregate Meets— "Health Literacy" w/ Angela Childers 10-12 Tech Drop-in</p>	<p>22 9:00 Veterans Breakfast 10:00 Congregate Meets-Learn all about Osteoporosis while playing Bingo 10:00- Scrapbooking 1:15 Yoga w/Frank\$\$</p>	<p>23 10:00 Congregate Meets— Karaoke w/ Gail and Family 10:00 Tech Class</p>	<p>24 8:30 Fit-4-Life\$\$ 9:30 Line Dance 10:00 Congregate Meets—Stretching is good for you; give it a try</p>
<p>27 10:00 Congregate Meets— Lets celebrate National Chocolate Day 10:00 T'ai Chi \$\$ (in craft room)</p>	<p>28 8:30 Fit 4 Life \$\$ 9:00 Choir 10:00 Congregate Meets— Devotion w/ Pastor Steve Jordan 10-12 Tech Drop-in</p>	<p>29 10:00 Congregate Meets-Understanding Lupus 11-1 Veterans Service Officer 1:15 Yoga w/Frank\$\$ 5:30 Afternoon Karaoke with Gail & Family</p>	<p>30 10:00 Congregate Meets— Why does having Diabetes cause UTI's? 10:00 NO TECH CLASS</p>	<p>31 8:30 Fit-4-Life\$\$ 9:30 Line Dance 10:00 Congregate Meets— Halloween Party</p>

Cake Decorating with

Annette Jordan

National cake decorating day is coming up and what is a better way to celebrate other than to decorate your own cake? It will be one of the two options below. If you are interested, please give Akeyra' a call to sign up. Seats are limited!

Date: Wednesday, October 8

Time: 2:30 P.M.

Location: Caswell Senior Center



Halloween Night Party

Spooky Songs & Screams – Halloween Karaoke!

Get ready for a hauntingly good time at our first-ever Night Karaoke event—Halloween style!

Date: Tuesday, October 29

Time: 5:30 PM

Location: Caswell Senior Center

Come dressed in your favorite costume and sing your heart out to some fang-tastic tunes!

- **Costumes encouraged**
- **Light refreshments provided**
- **Fun guaranteed**

Let's make this a night to remember—spooky vibes, great music, and lots of laughs. Don't miss it!

Tuna Salad Sandwich

Ingredients:

- One can of tuna in water, drained
- Two tablespoons of mayonnaise
- Freshly squeezed lemon juice to taste
- Salt and pepper, to taste
- A handful of lettuce leaves
- Two slices of whole-grain bread

Instructions:

1. Pour the drained tuna into a bowl.
2. Add the mayonnaise, squeeze the lemon juice, and season with salt and pepper to taste. Mix well.
3. Spread the tuna mixture evenly on one slice of whole-grain bread.
4. Place the lettuce leaves on top of the tuna.
5. Cover with the second slice of bread, slice in half if you prefer, and serve.
6. Your light and nutritious tuna salad sandwich is ready to enjoy!

This recipe is packed with protein from the tuna and offers valuable omega-3 fatty acids. Whole-grain bread provides necessary dietary fiber. It's a healthy and quick lunch option that can be prepared quick

EASY CHAIR WORKOUT

FOR SENIORS



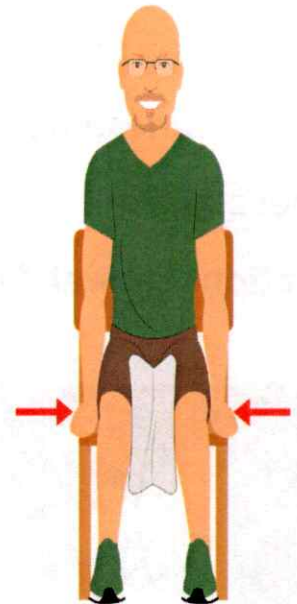
Overhead
Arm Raises



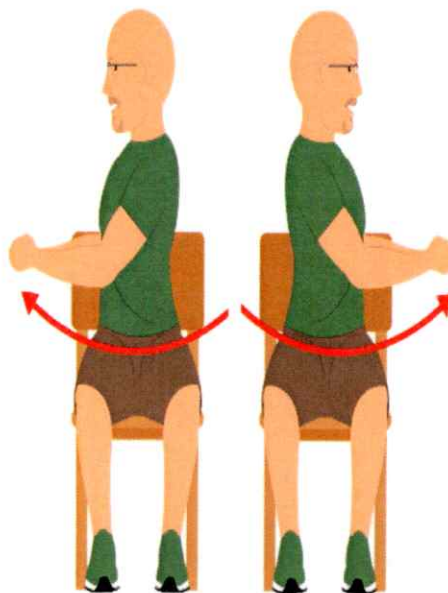
Leg Lifts



Knee Lifts



Thigh Squeeze



Tummy Twist



Row

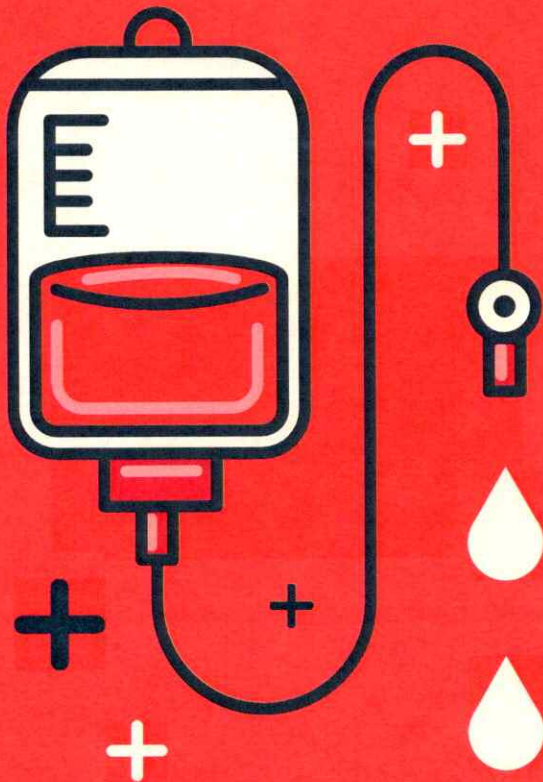
PERFORM 2-3X PER WEEK

+ oneblood +

DONATE

+ BLOOD +

Go to oneblood.org to register under Caswell County Government



Save someone's life with
a drop of your blood!

649 Fire Tower Rd Yanceyville,
NC 27379



+

Wednesday

1st

October

2025

9:30 A.M.

to

2:30 P.M.

→ **Caswell Senior Center**

Small gifts for those who donate!

CASWELL COUNTY SECTION 8 APPLICATION DAY!

WHEN

**TUES. OCT 14TH 2025
9:00AM-1:00PM**

WHERE

SECTION 8 OFFICE

205 E. CHURCH STREET YANCEYVILLE NC 27379

PHONE#: (336) 694-9318

(LOCATED BESIDE PROBATION OFFICE/BEHIND DSS)

TO APPLY YOU MUST BE:

- 1. CASWELL CO. RESIDENT OR WORKING IN CASWELL CO., OR**
- 2. ELDERLY, DISABLED, AND/OR HANDICAPPED, OR**
- 3. MILITARY VETERAN**

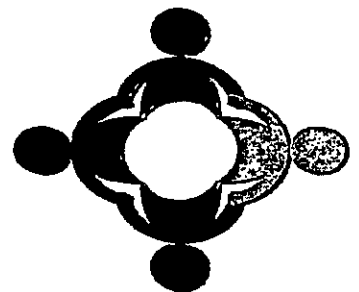
YOU MUST BRING:

- 1. PICTURE ID'S FOR ALL ADULTS (18+)**
- 2. BIRTH CERTIFICATES & SOCIAL SECURITY CARDS FOR ALL HOUSEHOLD MEMBERS**
- 3. VERIFICATION OF ALL INCOME & GOVERNMENT BENEFITS**
- 4. VERIFICATION OF YOUR PHYSICAL ADDRESS**

COME SEE US!

**OUR STAFF WILL
COMPLETE THE
APPLICATION FOR
YOU!**

**IF YOU KNOW
SOMEONE THAT
NEEDS RENTAL
ASSISTANCE PASS
ALONG THE
MESSAGE.**



Meet

Elizabeth Hicks

Meals on Wheels

Volunteer SPOTLIGHT

How long have you been volunteering with the senior center?

I started delivering in 2016 when I moved to Caswell County. I deliver in the Prospect Hill area.

What inspired you to start volunteering with Meals on Wheels?

I like helping people. Ones of these days I might need the service myself.

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

It's a blessing for me to be able to help deliver a hot meal to someone in need. I like talking to the seniors. It just makes you feel good to be helping someone else. Sometimes we are the only ones they see that day.

What do you do outside of volunteering?

I enjoy traveling, going to church and visiting the shut ins.

What's a fun fact about you?

I worked 30yrs in the Orange County School System.

