

Silver Threads-August 2025

Crawford Senior Center
108 Wayah Street
Franklin, NC 28734

(828) 349-2058

(828) 369-0160 Fax (828) 349-0211

www.maconnc.org

Community Resource Center

Diamond Art Class
with Lisa
August 6
12:30

Craft Class
with Brenda
August 20
12:30

Call 828-349-2058 ext 0

Greeting Card Class
with Deborah
August 22
12:30

Craft Class
with Sandy
August 27
12:30

Senior Center Resource Fair

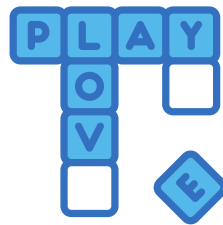


August 21

4:00-6:00



Presents
Anxiety:
Managing Nervous
Energy
August 28
12:00



Let's Play Scrabble!
August 28
12:30



Presents
Hand Exercises
Learn how hand
exercises can improve
your daily living
August 27
12:00



Macon Strings Summer
Concert
August 14
5:00

Cherokee, NC Trip
August 20

Registration begins on Wednesday, August 6 at 10:00.
Must register in person. Please bring a \$5 donation for transportation.
Please bring exact change to reserve your spot.



Rock Painting
August 29
12:30
Registration required

Summer Tech Support with Tori

One on one tech
support provided on
your device



August 21
Appointments
required

**All activities
scheduled after 1:00
on Thursday, August
21 will be canceled
due to the Resource
Fair**



Kaysea's Knit/Crochet Circle



Thursdays at
1:00



August 19
5:00

Bible Study with
Pastor Glenn



Starting Friday, August 1
at 10:00

Partnering to promote, protect, and strengthen our community

August 2025 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals come with milk</p> 	<p>Getting enough of vitamins B6, B12, D, and folate is considered important to healthy aging.</p>			<p>1 Hotdog w/Bun Chili Oven Baked Fries Coleslaw Banana</p>
<p>4 BBQ Chicken w/Sauce Sweet Potatoes Green Peas Coleslaw Brown Sugar Margarine Roll Cantaloupe</p>	<p>5 Penne Rustica Zucchini/Squash/ Onions Salad with Dressing Garlic Bread Stick Cherry Cobbler</p>	<p>6 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie</p>	<p>7 Egg Salad w/Croissant Pasta Salad Tomato Slices Oatmeal Cookie Orange Juice</p>	<p>8 Sausage and Rice Casserole Baby Limas Roll Peach Shortcake</p>
<p>11 Easy Beef Burgundy Noodles Glazed Carrots Biscuit Apple</p>	<p>12 Baked Ziti Mixed Vegetables Garlic Roll w/Margarine Peach Cobbler</p>	<p>13 Parmesan Baked Chicken Potato Casserole Marinated Cucumbers, Tomatoes, Onions Cantaloupe Roll</p>	<p>14 Pesto Crusted Cod Zucchini/Squash/ Onion Mashed Sweet Potatoes w/Pecan Butter Green Marshmallow Fluff Garlic Breadstick</p>	<p>15 Beef Brisket Baked Beans Coleslaw Blackberry Cobbler Roll</p>
<p>18 Chicken w/Mushroom Sauce Rice Green Peas Cucumber, Tomato, and Onion Salad Roll Grapes</p>	<p>19 Pinto Beans Mac & Cheese Turnip Greens Cornbread Spiced Fruit Vinegar</p>	<p>20 Turkey Dressing w/Gravy Green Beans Pineapple Chunks Roll</p>	<p>21 Baked Potato Broccoli and Cheese Ham Sour Cream Roll Brownie</p>	<p>22 BBQ Pork w/Bun Zucchini/Squash Potato Salad Lemon Bar Orange Juice</p>
<p>25 Salisbury Steak Mashed Potatoes w/Gravy Stewed Okra and Tomatoes Roll Texas Sheet Cake</p>	<p>26 Ham Black Eye Peas Squash Casserole Roll Strawberries</p>	<p>27 Herb Baked Chicken Potato Salad Orange Kissed Beets Orange Roll</p>	<p>28 Egg Salad w/Croissant Pasta Salad Tomato Slices Oatmeal Cookie Orange Juice</p>	<p>29 Chicken Tenders Green Beans Red Potatoes Roll Cantaloupe</p>

Please call 828-349-2058 ext. 0 by 11:30 the day before for reservations or cancellations

Everyday August Activity Page

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-Yoga with Terry (Z) (CB) 11:00-Tai Chi (Z) 11:00-Innersize (CB) 12:00-Simple Effective (SC) 1:00-Bridge (SC) 1:00-Tai Chi (SC) (Z) 1:00- Walking (CB) 2:00-Chair Yoga (SC) 3:00-Chair Volleyball (SC)	9:00-Conditioning (SC) 10:00 Chair Yoga w/ Jamie (SC) 12:15-Let's Sing (SC) 12:30-Mahjong (SC) 1:00-Jokers and Pegs 1:00-Seated Tai Chi (SC) 2:15-Zumba Gold (SC) 3:15 Chair Volleyball (SC)	11:00-Tai Chi (Z) 11:00-Gentle Yoga (CB) 1:00-Pinochle (SC) 1:00-Tai Chi (SC) (Z) 1:00-Walking (CB) 3:00-Chair Volleyball (SC)	10:00 Chair Yoga with Jamie (SC) 1:00 Kaysea's Knit/Crochet Circle (SC) 1:00-Seated Tai Chi (SC) 2:00-Chair Yoga (SC) 3:00-Chair Volleyball (SC)	9:00-Conditioning (SC) Bible Study 10:00 (SC) 12:00-Simple Exercise (SC) 1:00-Kings Row (SC) 1:00-Walking (CB) 1:00-Qigong(SC) 1:00-Tai Chi (Z) 2:00-Discover Mindfulness (SC)

August Special Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SC - Senior Center CB- Community Building Z- Zoom			1
4	5	6 Diamond Art with Lisa 12:30 (SC)	7 Drumfit 12:00(SC) Dementia Support 2:30 (SC)	8
11	12	13 Bingo 12:30 (SC)	14 Drumfit 12:00(SC) Macon Strings Summer Concert 5:00 (SC)	15
18	19 Trivia 5:00 (SC)	20 Craft Class with Brenda 12:30 (SC)	21 All activities scheduled after 1:00 will be canceled due to the Resource Fair Resources Fair 4:00 (SC)	22 Greeting Card Class with Deborah 12:30 (SC)
25	26	27 Hand Exercises 12:00 (SC) Craft Class with Sandy 12:30 (SC)	28 Anxiety: Managing Nervous Energy 12:00 (SC) Scrabble 12:30 (SC) VIP Support 2:30 (SC)	29

Summer Word Search



BEACH
CAMP
FUN
HOT

SUMMER
SUN
SWIM
WATER

