

Silver Threads-July 2025

Crawford Senior Center
108 Wayah Street
Franklin, NC 28734

(828) 349-2058

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

www.maconnc.org

Diamond Art Class

July 2
12:30

Craft Class

July 9
12:30

Greeting Card Class

July 11
12:30

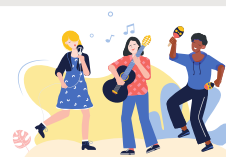
Craft Class

July 30
12:30

Jewelry Class

July 16
12:30

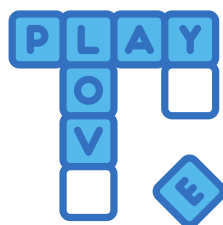
Call 828-349-2058 ext 0



Senior Center Talent Show at Tartan Hall

July 10
5:00

Senior Center will be
closed 4th of July



Let's Play Scrabble!

July 24
12:30



Presents

Let's Talk About
Parkinson's

Learn about Parkinson's
and how to recognize the
symptoms.

July 23
12:00



Christmas in July Bingo

July 17
12:30

Community Building

Helen, GA Shopping Trip July 23

Registration begins on Monday, July 9 at 10:00.
Must register in person. Please bring a \$5 donation for transportation.
Please bring exact change to reserve your spot.

Blood Pressure Check



July 8
10:00

Summer Tech Support with Tori

One on one tech
support provided on
your device



July 17
Appointments
required



SOUTHWESTERN COMMISSION
COUNCIL OF GOVERNMENTS

Presents

Understanding
Advanced Directives
Learn how to prepare for
future decisions about
your medical care if you
become seriously ill

July 22
12:30

Senior Celebration

Friday, September 12
Sock-Hop Theme
Must signed up by July 25th for
a t-shirt on event day



Registration required



July 15
5:00




July 31
5:00

Bring an appetizer to
share

Partnering to promote, protect, and strengthen our community

July 2025 Lunch Menu


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vitamin C—plays a key role in the health of older adults. A powerful antioxidant, this nutrient helps neutralize free radicals that can damage healthy cells and increase the risk for many chronic diseases.	1 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie	2 Pork Loin Black Eye Pease Greens Cornbread Muffin Cherry Cobbler Orange Juice	3 Hamburger w/Bun Potato Wedges Baked Beans Watermelon	4 Closed for 4 th of July 
7 BBQ Chicken w/Sauce Sweet Potatoes Green Peas Coleslaw Brown Sugar Margarine Roll Cantaloupe	8 Penne Rustica Zucchini/Squash/ Onions Salad with Dressing Garlic Bread Stick Cherry Cobbler	9 Sweet and Sour Meatballs Rice Carrots Sugar Snap Peas Roll Pineapple Upside Down Cake	10 Egg Salad w/Croissant Pasta Salad Tomato Slices Oatmeal Cookie Orange Juice	11 Sausage and Rice Casserole Baby Limas Roll Peach Shortcake
14 Chicken and Dumplings Turnip Greens Roll Pudding Strawberries Vanilla Wafers	15 Easy Beef Burgundy Noodles Glazed Carrots Biscuit Apple	16 Baked Spaghetti Tossed Salad w/Dressing Garlic Toast Pears	17 Pesto Crusted Cod Zucchini/Squash/ Onion Mashed Sweet Potatoes w/Pecan Butter Green Marshmallow Fluff Garlic Breadstick	18 Beef Brisket Baked Beans Coleslaw Blackberry Cobbler Roll
21 Chicken w/Mushroom Sauce Rice Green Peas Cucumber, Tomato, and Onion Salad Roll Grapes	22 Pinto Beans Mac & Cheese Turnip Greens Cornbread Spiced Fruit Vinegar	23 Baked Ziti Mixed Vegetables Garlic Roll w/Margarine Peach Cobbler	24 Baked Potato Broccoli and Cheese Ham Sour Cream Roll Brownie	25 BBQ Pork w/Bun Zucchini/Squash Potato Salad Lemon Bar Orange Juice
28 Salisbury Steak Mashed Potatoes w/Gravy Stewed Okra and Tomatoes Roll Texas Sheet Cake	29 Ham Black Eye Peas Squash Casserole Roll Strawberries	30 Herb Baked Chicken Potato Salad Orange Kissed Beets Orange Roll	31 Breakfast Ham & Egg Casserole Sliced Tomatoes Spiced Peaches Biscuit Sausage Gravy Orange Juice	All meals come with milk 

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

Everyday July 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-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-Seated Tai Chi (SC) 2:00-Chair Yoga (SC) 3:00-Chair Volleyball (SC)	9:00-Conditioning (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)

July Special Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Diamond Art 12:30 (SC)	3 Dementia Support 2:30 (SC)	4 Closed for the 4 th of July 
7	8 Blood Pressure 10:00 (SC)	9 Craft Class 12:30 (SC)	10 Senior Center Talent Show at Tartan Hall 5:00 	11 Greeting Card Class 12:30 (SC)
14	15 Trivia 5:00 (SC)	16 Jewelry Class 12:30 (SC)	17 Bingo 12:30 (CB)	18
21	22 Understanding Advanced Directives 12:30 (SC)	23 Helen Shopping Trip Let's Talk About Parkinson's 12:00 (SC)	24 Scrabble 12:30 (SC) VIP Support 2:00 (SC)	25
28	29	30 Craft Class 12:30 (SC)	31 Bingo 5:00 (SC)	SC - Senior Center CB- Community Building Z- Zoom

