

# Silver Threads-June 2025

Crawford Senior Center  
108 Wayah Street  
Franklin, NC 28734

(828) 349-2058  
(828) 369-0160 Fax  
www.maconnc.org

Community Resource Center  
(828) 349-0211

## Diamond Art Class

June 4  
12:30

## Rock Painting

June 6  
12:30

## Craft Class

June 11  
12:30

## Greeting Card Class

June 13  
12:30

## Jewelry Class

June 18  
12:30

Call 828-349-2058 ext 0

## Elder Abuse Awareness Walk

June 16 at 5:30

Downtown Gazebo in Franklin

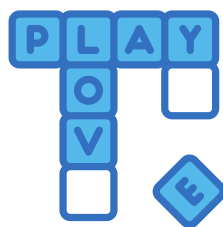


## Summer Tech Support with Tori

One on one tech  
support provided on  
your device



June 19  
Appointments  
required



## Let's Play Scrabble!

June 12  
12:30



## Presents Hip Health for Healthy Hips

Learn ways to keep your  
hips healthy and strong

June 25  
12:00



## Presents

## PTSD: Healing the Emotional Wound

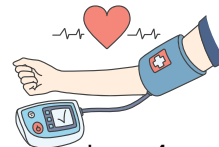
June 26  
12:30

## Hobby Lobby Trip

June 24

Registration begins on Monday, June 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



June 4  
10:00

## Mary K Barbour Presents "You Can't Take it With You"

Learn what to do with  
you sentimental  
things and pets

June 10  
12:30

Registration Required

## Susan Ray of the Macon Gem & Mineral Museum Presents



History of the  
Cowee Valley  
June 20  
12:30



## Presents

## What is Elder Abuse?

Lunch and Learn  
June 27  
12:00

Registration required



June 10  
5:00



June 26  
5:00

Bring an appetizer to  
share

*Partnering to promote, protect, and strengthen our community*

# June 2025 Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken with Mushroom Sauce Rice Green Peas Cucumber, Tomato and Onion Salad Roll Grapes	3 Goulash Green Beans Roll Chocolate Bread Pudding Orange Juice	4 Salisbury Steak Mashed Potatoes w/Gravy Stewed Okra and Tomatoes Roll Texas Sheet Cake	5 Ham and Veg Quiche Potato Salad Broccoli Mandarin Oranges Roll	6 Hotdog w/Bun Chili Oven Baked Fries Coleslaw Marshmallow Fluff
9 BBQ Chicken w/Sauce Sweet Potatoes Green Peas Coleslaw Roll Cantaloupe	10 Penne Rustica Zucchini/Squash/ Onions Salad with Dressing Garlic Bread Stick Cherry Cobbler	11 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie	12 Tuna Salad w/Croissant Lettuce and Tomato Italian Cucumber Onion Salad Strawberries	13 Sausage and Rice Casserole Baby Limas Roll Peach Shortcake
16 Chicken Pot Pie Sautéed Spinach Grapes Roll	17 Easy Beef Burgundy Noodles Glazed Carrots Biscuit Apple	18 Baked Spaghetti Tossed Salad w/Dressing Garlic Toast Pears	19 Pesto Crusted Cod Zucchini/Squash/ Onion Mashed Sweet Potatoes w/Pecan Butter Green Marshmallow Fluff Garlic Breadstick	20 Beef Brisket Baked Beans Coleslaw Blackberry Cobbler Roll
23 Meatballs Mashed Potatoes w/Gravy Steamed Cabbage Roll Orange Pineapple Jello	24 Pinto Beans Mac & Cheese Turnip Greens Cornbread Spiced Fruit Vinegar	25 Pork Loin Sauerkraut Roasted Root Vegetables Biscuit Apple Pie	26 Baked Potato Broccoli and Cheese Ham Sour Cream Roll Brownie	27 Chicken Filet w/Bun Lettuce, Tomato Slice Oven Baked Potatoes California Blend Vegetables Cantaloupe
30 Herb Baked Chicken Potato Salad Orange Kissed Beets Orange Roll	Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to- eat options.			All meals come with milk 

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

# Everyday June 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) 10:00 Outdoor Tai Chi (TS) 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) 10:00Bible Study (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)

## June Special Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3	4 Blood Pressure 10:00 (SC) Diamond Art 12:30 (SC)	5 Dementia Support Group 2:30 (SC)	6 Rock Painting 12:30 (SC)
9	10 You Can't Take it with You 12:30 (SC)  Trivia 5:00 (SC)	11 Craft Class 12:30 (SC)	12 Let's Play Scrabble! 12:30 (SC)	13 Greeting Card Class 12:30 (SC)
16 Elder Abuse Awareness Walk (Downtown Franklin) 5:30	17	18 Jewelry Class 12:30 (SC)	19	20 History of the Cowee Valley 12:30 (SC)
23	24 Hobby Lobby Trip	25 Hip Health for Healthy Hips 12:00 (SC)	26 PTSD: Healing the Emotional Wound 12:30 (SC)  VIP Support 2:00 (SC)  Bingo 5:00 (SC)	27 Lunch and Learn "What is Elder Abuse?" 12:00 (SC)
30		Please register you talent for the Senior Center Talent show on Thursday, 7/10/25 		SC - Senior Center CB- Community Building Z- Zoom TS-Tassee Shelter Greenway



# Summer

Easy Word Search

U N D C R A B U A B  
B U N S S E H U A E  
E C A N U S A L F O  
A L S S S S L S T K  
C A F P W N L F D S  
H M L H I U E C E H  
E A D Y M F H A U O  
Y I B B O P S W R T

Ball	Sea	Hot
Clam	Sun	Sand
Fun	Beach	Shell
Play	Crab	Swim