

Silver Threads-September 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
with Lisa
September 3
12:30

Craft Class
with Brenda
September 17
12:30

Kaysea's
Knit/Crochet Circle
Thursdays at 1:00

Greeting Card Class
with Deborah
September 19
12:30

Craft Class
with Sandy
September 24
12:30

Call 828-349-2058 ext 0

Senior Services will be
closed for Labor Day
Monday, September 1, 2025

★ **LABOR** ★
★★★ **DAY** ★★★

Welcome Fall Ladies
Afternoon Tea



September 26
3:00

Registration required

Avoid The Flu!

Get your flu shot



September 9
12:00-3:00

Bring Medicare Card

National Coalition for Fall
Prevention

STEPtember Walking
Challenge



Starts September 3 and goes
until September 26

Rollins Plantetarium Young Harris, GA
September 18

Registration begins on Wednesday, September 3 at 10:00.
Must register in person. Please bring a \$5 donation for transportation
and \$5 for admission. Please bring exact change to reserve your spot.

Nails

Need help with clipping and
filing your nails? Please
come see our nail tech,
Sharon

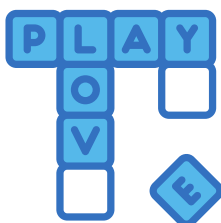
September 3
9:00-12:30

Tech Support
with Tori

One on one tech
support provided on
your device



September 18
Appointments
required



Let's Play Scrabble!

September 18
12:30



Pulmonary Bingo

Sponsored by
Rabun County Pulmonary
Rehabilitation

September 18
12:30



September 16
5:00

Bring an appetizer to share



September 23
5:00

Bring an appetizer to share

Partnering to promote, protect, and strengthen our community

September 2025 Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Senior Services will be closed for Labor Day</p> 	<p>2</p> <p>Hamburger Steak w/Gravy Black Eye Peas Greens Cornbread Banana Pudding</p>	<p>3</p> <p>Chicken Pot Pie Green Peas Roll Apple Pie</p>	<p>4</p> <p>Stuffed Cabbage Rolls w/Tomato Sauce Boiled Red Potatoes Roasted Carrots Roll Strawberry Crisp</p>	<p>5</p> <p>Baked Spaghetti Tossed Salad w/Tomatoes, Carrots, and Radishes Dressing Garlic Toast Pears</p>
<p>8</p> <p>BBQ Chicken w/Sauce Sweet Potatoes Green Peas Coleslaw Brown Sugar Margarine Roll Cantaloupe</p>	<p>9</p> <p>Penne Rustica Zucchini/Squash/Onions Salad with Dressing Garlic Bread Stick Cherry Cobbler</p>	<p>10</p> <p>Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie</p>	<p>11</p> <p>Tuna Salad w/Croissant Leaf Lettuce Tomato Slices Italian Cucumber Onion Salad Strawberries</p>	<p>12</p> <p>Sweet and Sour Meatballs Rice Carrots Sugar Snap Peas Roll Pineapple Upside Down Cake</p>
<p>15</p> <p>Chicken Tenders Green Beans Red Potatoes Roll Grapes Honey Mustard Sour Cream Margarine</p>	<p>16</p> <p>Baked Ziti Mixed Vegetables Garlic Roll w/Margarine Peach Cobbler</p>	<p>17</p> <p>Parmesan Baked Chicken Potato Casserole Marinated Cucumbers, Tomatoes, and Onions Cantaloupe Roll</p>	<p>18</p> <p>Pork w/Apple Sauerkraut Roasted Carrots Green Beans Biscuit Lemon Pie</p>	<p>19</p> <p>Beef Brisket Baked Beans Coleslaw Blackberry Cobbler Roll</p>
<p>22</p> <p>Chicken w/Mushroom Sauce Rice Green Peas Cucumber, Tomato, and Onion Salad Roll Grapes</p>	<p>23</p> <p>Pinto Beans Mac & Cheese Turnip Greens Cornbread Spiced Fruit Vinegar</p>	<p>24</p> <p>Easy Beef Burgundy Noodles Glazed Carrots Biscuit Apple</p>	<p>25</p> <p>Pesto Crusted Cod Zucchini/Squash/Onion Mashed Sweet Potatoes w/Pecan Butter Green Marshmallow Fluff Garlic Breadstick</p>	<p>26</p> <p>BBQ Pork w/Bun Zucchini/Squash Potato Salad Lemon Bar Orange Juice</p>
<p>29</p> <p>Salisbury Steak Mashed Potatoes w/Gravy Stewed Okra and Tomatoes Roll Texas Sheet Cake</p>	<p>30</p> <p>Eggs Biscuit w/Sausage Gravy Grits Cinnamon Apples Orange Juice</p>		<p>Vitamin C plays a key role in our health. It helps strengthen our immune system.</p>	<p>All meals come with milk</p> 

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

Everyday September 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 Exercise (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) 12:00 DrumFit Class (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) 10:00Bible Study (SC) 12:00-Simple Effective 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)

September Special Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Senior Services will be closed for Labor Day 	2	3 Nails 9:00 (SC) Diamond Art with Lisa 12:30 (SC)	4 Dementia Support 2:30 (SC)	5
8	9 Blood Pressure Check 11:45 (SC) Flu shots 12:00-3:00 (SC)	10	11	12 Senior Celebration
15	16 Trivia 5:00 (SC)	17 Craft Class with Brenda 12:30 (SC)	18 Tech Support with Tori 12:00 (SC) Scrabble 12:30 (SC) Pulmonary Bingo 12:30 (SC) Rollins Planetarium Trip	19 Blood Pressure Check 10:00 (SC)
22 	23 Blood Pressure Check 11:45 (SC) Bingo 5:00 (SC)	24 Craft Class with Sandy 12:30 (SC)	25 VIP Support 2:30 (SC)	26 Greeting Card Class with Deborah 12:30 (SC) Welcome Fall Ladies Afternoon Tea 3:00 (SC)
29	30			SC - Senior Center CB- Community Building Z- Zoom

Name: _____ Date: _____

FALL IS HERE

Word Search

DIRECTIONS: Find and circle the vocabulary words colors in the grid. Look for them vertically and horizontally.

J	C	J	T	L	Z	A	J
A	A	M	N	E	X	C	M
C	F	H	S	A	U	O	B
K	A	S	Z	F	N	R	H
E	L	R	A	K	E	N	O
T	L	S	C	H	O	O	L
P	U	M	P	K	I	N	M
A	P	P	L	E	Y	X	X

ACORN

LEAF

APPLE

PUMPKIN

FALL

RAKE

JACKET

SCHOOL

