

Silver Threads-April 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

April 2
12:30

Rock Painting

April 11
12:30

Craft Class

April 9
12:30

Greeting Card Class

April 4
12:30

Jewelry Class

April 16
12:30

Call 828-349-2058 ext 0

Women's Easter Party



April 17
1:00

Bring a finger food to share

Want to learn more about social media and emails? Tori our Digital Navigator is the person to see.



April 25
12:30

Prescription Drug Take Back



Franklin Police Department will be collecting unused or out of date medications

April 25
10:30-12:30



Presents Prehabilitation

Learn how Pre Hab can help you with your daily activities, and with old or new nagging pains & injuries.

April 23
12:00



Presents

An Overview of Mental Health

April 24
12:30

Gem Mining at Rose Creek Mine April 16

Registration begins on April 8 at 10:00. Must register in person. Please bring a \$5 donation for transportation, and \$20 for Gem Mining. Please bring exact change to reserve your spot.



Chronic Pain Self-Management Program

Starting April 8
1:00

Men's Coffee Time

April 15
10:00



Come have a cup of coffee and get to know each other

Need help with your cell phone? laptop?

Teen Techs can help!
4/9 and 4/23
at 3:30



Call 828-349-2058 ext. 0

World Tai Chi Day



April 26
9:30-12:30 at Macon County Environmental Resource Center

Covered dish afterwards

Tai Chi begins at 10:00

Senior Center will be closed for Good Friday, 4/18




April 10
5:00

Bring a prize and finger food to share

Partnering to promote, protect, and strengthen our community

April 2025 Lunch Menu





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lemon Baked Fish Steamed Broccoli Tomato Casserole Roll Coconut Cake	2 Salisbury Steak Mashed Potatoes w/Gravy Stewed Okra and Tomatoes Roll Chocolate Cake w/Icing	3 Pinto Beans Mac & Cheese Turnip Greens Cornbread Spiced Fruit Vinegar	4 Hotdog w/Bun Chili Oven Baked Fries Coleslaw Marshmallow Fluff
7 Chicken Chop Suey Rice Roasted Broccoli Pineapple Slices Roll Oatmeal Cookie Orange Juice	8 Penne Rustica Zucchini/Squash/ Onions Salad with Dressing Garlic Bread Stick Cherry Cobbler	9 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie	10 Tuna Salad w/Croissant Lettuce and Tomato Italian Cucumber Onion Salad Strawberries	11 Sausage and Rice Casserole Baby Limas Roll Peach Shortcake
14 Chicken Pot Pie Sautéed Spinach Grapes Roll	15 Sweet and Sour Meatballs Rice Carrots Sugar Snap Peas Roll Pineapple Upside Cake	16 Herb Baked Chicken Potato Salad Orange Kissed Beets Orange Roll	17 Ham Sweet Potato Casserole Green Beans Roll Coconut Cake Orange Juice	18 Closed for Good Friday 
21 Ham and Veg Quiche Potato Salad Broccoli Mandarin Oranges Roll	22 Easy Beef Burgundy Noodles Glazed Carrots Biscuit Apple	23 Pork Loin Sauerkraut Roasted Root Vegetables Biscuit Apple Pie	24 Baked Potato Broccoli and Cheese Ham Sour Cream Roll Brownie	25 Parmesan Baked Chicken Potato Casserole Marinated Cucumbers, Tomatoes, Onions Cantaloupe Roll
28 BBQ Pork w/Bun Baked Sweet Potato Coleslaw Lemon Bar Orange Juice	29 Lasagna Tossed Salad w/Dressing Green Beans Garlic Toast Ambrosia Fruit Salad	30 Chicken and Dumplings Roasted Brussels Sprouts Roll Chocolate Pudding Apple	Select high-fiber foods like whole-grain breads and cereals, beans, unsalted nuts and seeds, deeply colored vegetables (like green beans), and fruits.	All meals come with milk 

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

Everyday April 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 with 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)

April Special Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Diamond Art 12:30 (SC)	3 Dementia Support Group 2:30 (SC)	4 Greeting Card Class 12:30 (SC)
7	8 Chronic Pain Self Management 1:00 (SC)	9 Craft Class 12:30 (SC) Teen Techs 3:30 (SC)	10 Disabilities Partners 10:30 (SC) Bingo 5:00 (SC)	11 Rock Painting 12:30 (SC)
14 	15 Men's Coffee Time 10:00 (SC) BP Check 10:00 (SC) Chronic Pain Self Management 1:00 (SC)	16 Gem Mining at Rose Creek Mine Jewelry Class 12:30 (SC)	17 Women's Easter Party 1:00 (SC)	18 Closed for Good Friday 
21	22 Chronic Pain Self Management 1:00 (SC) 	23 Benefits of Pre-hab 12:00 (SC) Teen Techs 3:30 (SC)	24 An Overview on Mental Health 12:30 (SC) VIP Support 2:00 (SC)	25 Computer Time with Tori 12:30 (SC) Prescription Drug Take Back 12:30 (SC)
28	29 Chronic Pain Self Management 1:00 (SC)	30	Senior Center Talent show coming in June. Start practicing.	SC - Senior Center CB- Community Building Z- Zoom



Spring Word Search



Solve the following puzzle by finding all the hidden words!

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

BIRD
TULIP
FLOWER

CHICK
RAIN
BUNNY
BUDS

TREE
BLOOM
SUN

