

# Silver Threads-December 2025

Crawford Senior Center  
108 Wayah Street  
Franklin, NC 28734

(828) 349-2058

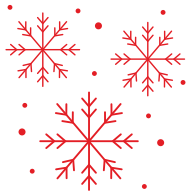
(828) 369-0160 Fax (828) 349-0211

www.maconnc.org

Community Resource Center

Diamond Art Class  
with Lisa  
December 3  
12:30

Kaysea's  
Craft Class  
December 4, 11, 18  
1:00



Craft Class  
with Brenda  
December 10  
12:30

Greeting Card Class  
with Deborah  
December 12  
12:00

Call 828-349-2058 ext 0

Senior Services will be closed for  
Christmas Wednesday, **12/24/25**,  
Thursday, **12/25/25**, and Friday,  
**12/26/25**, and for New Year's Day  
Thursday, **1/1/2026**



Health  
Communication 101

December 11  
12:00

Ladies Christmas Tea



December 12  
3:00

Must register

Need help with you  
cell phone? laptop?

Teen Techs can help!



December 3  
3:30

Macon Strings  
Ensemble Holiday  
Concert



December 11  
5:00

Hamrick's and J&S Cafeteria  
December 11

**Registration begins on Wednesday, December 3 at 9:00.**  
**Must register in person. Please bring a \$5 donation for transportation.**  
**Please bring exact change to reserve your spot.**



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

December 3  
9:30-12:30

Tech Support  
with Tori  
One on one tech  
support provided on  
your device



**December 18**  
Appointments  
required



Christmas Bingo

December 4  
4:30  
Bring a snack to share



Grief Support Group

Thursday, December 18  
at 3:00

RSVP Chelesa Lambert  
828-989-5611  
chelsea.lambert@hcahealthcare  
.com





**\*New Pilates Class\***



December 11 and 18  
11:15  
Community Building

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

# December 2025 Lunch Menu


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Easy Beef Burgundy Noodles Glazed Carrots Biscuit Apple	2 Penne Rustica Zucchini/Squash/ Onions Salad with Dressing Garlic Bread Stick Cherry Cobbler	3 Chicken Pot Pie Harvard Beets Roll Pumpkin Pie	4 Pork Loin Sauerkraut Roasted Root Vegetables Biscuit Apple Pie	5 Chicken Filet w/Bun Lettuce/Tomato Vegetable Medley Oven Baked Potatoes Grapes
8 Chicken Marsala Sauteed Spinach Buttered Orzo Roll Peaches	9 Breaded Catfish Zucchini/Squash/Onion Mashed Sweet Potatoes w/Pecan Butter Green Marshmallow Fluff Garlic Breadstick	10 Parmesan Baked Chicken Potato Casserole Marinated Cucumbers, Tomatoes, and Onions Cantaloupe Roll	11 Baked Potato Broccoli and Cheese Ham Roll Brownie	12 Beef Stew w/Gravy Rice Collard Greens Roll Pear Crisp
15 Sausage and Rice Casserole Baby Lima Beans Roll Peach Shortcake	16 Baked Spaghetti Tossed Salad w/Dressing Garlic Toast Pears	17 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie	18 Pork w/Apple Sauerkraut Roasted Carrots Green Beans Biscuit Lemon Pie	19 Boneless BBQ Chicken Breast Corn Casserole Broccoli Florets Roll Chocolate Cake
22 Chicken w/Mushroom Sauce Rice Green Peas Cucumber, Tomato, and Onion Salad Roll Grapes	23 Ham Sweet Potato Casserole Green Beans Toll Red Velvet Cake	24 Closed 	25 Closed 	26 Closed 
29 Pinto Beans Mac & Cheese Turnip Greens Cornbread Spiced Fruit Vinegar	30 Baked Ziti Mixed Vegetables Garlic Roll w/Margarine Peach Cobbler	31 Turkey Casserole w/Vegetables Roasted Brussels Sprouts Roll Mandarin Orange	Drink fluids throughout the day. As we get older our body needs fluids to stay healthy and keep us regular.	 All meals come with milk

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

# Everyday December 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) 2:00 Cardio & Strength Workout 3:00-Chair Volleyball (SC)	10:00 Chair Yoga with Jamie (SC) 12:00 DrumFit Class (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)

## December Special Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Nails 9:30 (SC) Blood Pressure Check 10:00 (SC) Diamond Art with Lisa 12:30 (SC) Teen Techs 3:30 (SC)	4 Dementia Support 2:30 (SC) Christmas Bingo 4:30 (SC)	5
8	9	10 Craft Class with Brenda 12:30 (SC)	11 Hamrick's Trip Pilates 11:15 (CB) Vaya Health Communication 101 12:00 (SC) Macon Strings Christmas Concert 5:00 (SC)	12 Greeting Card Class with Deborah 12:00 (SC) Ladies Christmas Tea 3:00 (SC)
15	16	17 Blood Pressure Check 10:00 (SC)	18 Pilates 11:15 (CB) Tech Support with Tori 12:00 (SC) Scrabble 12:30 (SC) Grief Support Group 3:00 (SC)	19
22	23	24 Closed 	25 Closed 	26 Closed 
29	30	31		SC - Senior Center CB- Community Building Z- Zoom

# Christmas

## Word Search



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

CAROL  
CHESTNUT  
CHRISTMAS  
FAMILY  
FROSTY  
GREETINGS

JOLLY  
MERRY  
RIBBON  
SLEIGH  
STOCKING  
TIDINGS

