

# Silver Threads-February 2026

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  
February 4  
12:30

Watercolor  
Beginning Class  
February 5, 12, 19  
3:00

Mardi Gras Celebration  
February 18  
12:30

Valentine Craft Class  
February 11  
12:30

Greeting Card Class  
February 13  
12:30

Rock Painting  
February 20  
12:30

Call 828-349-2058 ext 0

Valentine Party/Newlywed Game

February 12  
4:30

Bring a snack to share



Have a chat with  
our Senior Tarheel  
Legislature Representative

Topic of discussion:  
Health Issues  
February 6  
12:00



Dancing for Cardio  
Health with Lance



February 18  
12:00



VAYAHEALTH

Navigating  
Depression

February 26  
12:00



PISGAH  
LEGAL SERVICES

Need help with  
filing your taxes?

Space is limited

March 5 and 19, 2026  
9:00-12:00

Appointments required

Need help with you cell  
phone? laptop?

Teen Techs can help!

February 11 and 25  
3:30

Registration required



Pilates Yoga Class



February 12, 19, and 26  
11:15

Community Building



February 17  
5:00

Bring a snack to share

Tech Support  
with Tori

One on one tech  
support provided on  
your device



February 19  
Appointments required



February 5  
4:30

Bring a snack to share



Grief Support Group

Thursday, February 19  
at 3:00

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



Presents


Wellness Bingo and  
Blood Pressure  
Information

February 24  
4:00

Door prizes, goodie bags,  
and refreshments  
will be provided

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

# February 2026 Lunch Menu


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken and Dumplings Roasted Root Vegetables Green Beans Roll Apple Pie	3 Penne Rustica Zucchini/Squash/Onions Salad with Dressing Garlic Bread Stick Cherry Cobbler	4 Chicken Marsala Sauteed Spinach Buttered Orzo Roll Peaches	5 Pork Sauerkraut Roasted Root Vegetables Biscuit Blackberry Cobbler	6 Hamburger w/Bun Tater Tots Lettuce, Tomato, and Onion Baked Beans Banana Pudding
9 Chilli w/Beans Broccoli Mexican Cornbread Mandarin Oranges Brownie	10 Breaded Catfish Zucchini/Squash/Onions Mashed Sweet Potatoes w/Pecan Butter Green Marshmallow Fluff Garlic Breadstick	11 Turkey Casserole w/Vegetables Roasted Brussel Sprouts Roll Mandarin Orange	12 Baked Potato Broccoli and Cheese Ham Sour Cream Roll Brownie	13 BBQ Pork w/Bun Parsley New Potato Green Beans Coleslaw Red Velvet Cake
16 Beef Stew w/Gravy Rice Collard Greens Roll Pear Crisp	17 <b>Fat Tuesday</b> Sausage Jambalaya Stewed Tomatoes and Okra Roasted Carrots Roll Pecan Pie	18 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie	19 <b>Chinese New Year</b> Chicken Chop Suey Rice Roasted Broccoli Pineapple Slices Roll Oatmeal Cookie Orange Juice	20 Chicken Filet Sandwich w/Bun Lettuce and Tomato Vegetable Medley Oven Brown Potatoes Grapes
23 White Chicken Chili Broccoli Mexican Cornbread Apple Strudel Bites	24 Lasagna Tossed Salad w/Dressing Garlic Bread Warm Peaches w/Cinnamon and Brown Sugar Orange Juice	25 Chicken w/Mushroom Sauce Rice Green Peas Cucumber, Tomato, and Onion Salad Roll Grapes	26 Pinto Beans Mac & Cheese Turnip Greens Cornbread Spiced Fruit Vinegar	27 BBQ Pork Bun Baked Sweet Potato Coleslaw Lemon Bar Orange Juice
Choose low-sugar or no sugar added foods, like fruits and whole grains. These foods provide essential nutrients without the added sugars that can be found in processed foods.				 <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 February 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) 10:00-Bible 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)

## February Special Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Nails 9:30 (SC) Diamond Art 12:30 (SC)	5 Dementia Support 2:30 (SC)  Bingo 4:30 (SC)	6 Health Issues 12:00 (SC)   National Wear Red Day
9	10	11 Blood Pressure Check 10:00 (SC)  Valentine Craft Class 12:00 (SC)  Teen Techs 3:30 (SC)	12 Pilates 11:15 (CB)  Valentine Party/Newlywed Game 4:30 (SC)	13 Greeting Card Class 12:30 (SC)
16	17 Trivia 5:00 (SC)	18 Dancing for Cardio Health 12:00 (SC)  Mardi Gras Celebration 12:30 (SC)	19 Pilates 11:15 (CB)  Tech Support with Tori 12:00 (SC)  Grief Support Group 3:00 (SC)	20 Blood Pressure 10:00 (SC)  Rock Painting 12:30 (SC)
23	24 Wellness Bingo and Blood Pressure Information 4:00 (SC)	25 Teen Techs 3:30 (SC)	26 Pilates 11:15 (CB) Scrabble 12:30 (SC)  Navigating Depression 12:00 (SC)  VIP Support Group 2:30 (SC)	27
<b>Intermediate Watercolor Class</b> <b>March 5, 12 and 19</b> <b>3:00</b> <b>Registration required</b>	<b>Mediterranean Food Class</b> <b>February 10, 17, 24, and</b> <b>March 3</b> <b>For more information call</b> <b>NC Cooperative Extension</b> <b>(828) 349-2046</b> <b>Registration required</b>			<b>SC - Senior Center</b> <b>CB- Community Building</b> <b>Z- Zoom</b>



# VALENTINE

## Word Search

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

Be Mine  
Candy  
Chocolate  
Cupid

February  
Flowers  
Heart  
Kiss

Love  
Pink  
Red  
Valentine

