

Silver Threads-February 2026

Crawford Senior Center
108 Wayah Street
Franklin, NC 28734

(828) 349-2058

(828) 369-0160 Fax

Community Resource Center

(828) 349-0211

www.maconn.org

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



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



Need help with
filing your taxes?

Space is limited

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

Appointments required

Need help with your 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 Chelsea Lambert
828-989-5611
chelsea.lambert@hcacare.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 Sautéed 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 Brussels 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 Fat Tuesday Sausage Jambalaya Stewed Tomatoes and Okra Roasted Carrots Roll Pecan Pie	18 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie	19 Chinese New Year 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.				 All meals come with milk

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
Intermediate Watercolor Class March 5, 12 and 19 3:00 Registration required	Mediterranean Food Class February 10, 17, 24, and March 3 For more information call NC Cooperative Extension (828) 349-2046 Registration required			SC - Senior Center CB- Community Building Z- Zoom



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