

Silver Threads-July 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 w/Lisa
July 1
12:30

Beginning Felting w/Sherry
July 23
3:00

Greeting Card Class
w/Deborah
July 10
12:30

Call 828-349-2058 ext 0

Make a Patriotic Hat
w/Marguerite
July 8
12:30

Make a Treasure Box
w/Sandy
July 22
12:30

Senior Center will be closed
Friday, July 3rd



How to Avoid
FRAUD-from Bad
Credit to Bitcoin



July 30
12:00

Desserts and Coffee
with REACH
Learn about Elder Abuse
and how to stop it



July 29
12:00
Please register by July 22

Ladies Summer Tea



July 17
3:00

Must bring \$2 to register



July 23
12:00

Cherokee, NC Trip
July 28

Registration begins on July 14th at 10:00.
Must register in person.



July 21
5:00

Bring a snack to share

Tech Support
with Tori

One on one tech
support provided on
your device



July 16
Appointments required



Stretching for
Improved Mobility

Learn stretches that can
improve mobility,
flexibility to reduce the
risk of injury

July 15
12:00



Grief Support Group

July 16
at 3:00

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

Country Music with
Jim Auston



July 9
5:00

July 2026 Lunch Menu

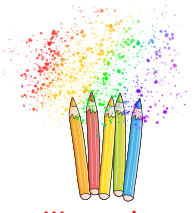

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>All meals come with milk</p>	<p>“Kind words can be short and easy to speak, but their echoes are truly endless.” – Mother Teresa</p>	<p>1 Baked Ziti Mixed Vegetables Garlic Roll Peach Cobbler</p>	<p>2 Hamburger Lettuce, Tomato Bun Potato Wedges Baked Beans Watermelon</p>	<p>3 Senior Center will be closed Friday, July 3rd</p> 
<p>6 BBQ Chicken Sweet Potatoes Green Peas Coleslaw Brown Sugar Margarine Roll Cantaloupe</p>	<p>7 Turkey Gravy Dressing Green Beans Pineapple Chunks Roll</p>	<p>8 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie</p>	<p>9 Tuna Salad Crossiant Tomato Slices Lettuce Italian Cucumber Onion Salad Strawberries</p>	<p>10 Beef Brisket Baked Beans Coleslaw Blackberry Cobbler Roll</p>
<p>13 Herb Baked Chicken Potato Salad Orange Kissed Beets Orange Roll</p>	<p>14 Penne Rustica Zucchini/Squash/ Onions Salad with Dressing Garlic Bread Stick Cherry Cobbler</p>	<p>15 Ham Black Eyed Peas Squash Casserole Roll Strawberries</p>	<p>16 Breaded Catfish Zucchini/Squash/ Onions Mashed Sweet Potatoes w/Pecan Butter Lemon Marshmallow Fluff Garlic Breadstick</p>	<p>17 Easy Beef Burgundy Rice Glazed Carrots Biscuit Apple</p>
<p>20 Meatballs Mashed Potatoes Gravy Steamed Cabbage Roll Orange Pineapple Jell-O</p>	<p>21 Pinto Beans Mac & Cheese Turnip Greens Cornbread Spiced Fruit Vinegar</p>	<p>22 Chicken w/Mushroom Sauce Rice Green Peas Cucumber, Tomato, and Onion Salad Roll Grapes</p>	<p>23 Baked Potato Broccoli and Cheese Ham Sour Cream Roll Brownie</p>	<p>24 BBQ Pork Bun Baked Sweet Potato Coleslaw Lemon Bar Orange Juice</p>
<p>27 Beef Stew w/Gravy Rice Collard Greens Roll Pear Crisp</p>	<p>28 Boneless Chicken Stewed Okra and Tomatoes Cream Corn Roll Blueberry Crisp</p>	<p>29 Pork Tenderloin Black Eyed Peas Green Beans Cornbread Muffin Cherry Cobbler Orange Juice</p>	<p>30 Breakfast Ham and Egg Casserole Sliced Tomatoes Spiced Peaches Biscuit Sausage Gravy Orange Juice</p>	<p>31 Chicken Tenders Broccoli Potato Salad Roll Pineapple</p>

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

Everyday July Activity Page

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-Yoga with Terry (Z) (CB) 11:00-Innersize (CB) 12:00-Simple Effective Exercise (SC) 1:00-Bridge (SC) 1:00- Walking (CB) 1:00 Seated Dancing w/Selma (SC) 2:00-Chair Yoga (SC) 3:00-Chair Volleyball (SC)	9:00-Conditioning (SC) 10:00 Chair Yoga w/ Jamie (SC) 11:00 Tai Chi (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)	10:00 Writing Group (SC) 11:00-Gentle Yoga (CB) 12:00 Seated Dancing w/Selma (SC) 1:00-Pinochle (SC) 1:00-Tai Chi (SC) (Z) 1:00-Walking (CB) 2:00 Cardio & Strength Workout (SC) 3:00-Chair Volleyball (SC)	10:00 Chair Yoga with Jamie (SC) 11:00 Tai Chi (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 Outdoor Walking Group (TS) 10:00-Bible Study (SC) 12:00-Simple Effective Exercise (SC) 1:00-Kings Row (SC) 1:00-Walking (CB) 1:00-Qigong(SC) 2:00-Discover Meditation (SC)

July Special Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SC-Senior Center TS-Tassee Shelter CB-Community Building Z-Zoom	 <p>Watercolor Pencil Class starting in August</p>	1 Nails 9:30 (SC) Diamond Art 12:30 (SC)	2 Scrabble 1:00 (SC) Dementia Support 2:30 (SC)	3 Senior Center will be closed Friday, July 3 rd 
6	7	8 Make a Partictic Hat w/Margarite 12:30 (SC)	9 Pilates Yoga 11:15(CB) Classic Country Music w/Jim Austin 5:00 (SC)	10 Greeting Card Class 12:30 (SC)
13	14 BP Check 10:15 (SC)	15 Stretching for an Improved Mobility 12:00 (SC)	16 Pilates Yoga 11:15(CB) Scrabble 1:00 (SC) Grief Support Group 3:00 (SC) Tech Time w/Tori 12:00 (SC)	17 Ladies Summer Tea 3:00 (SC)
20	21 Trivia 5:00 (SC)	22 Make a Treasure Box w/Sandy 12:30 (SC)	23 Pilates Yoga 11:15 (CB) VIP Support Group 2:30 (SC) Beginner Felting w/Sherry 3:00 (SC)	24 Bingo 12:00 (SC)
27	28 Cherokee, NC Trip	29 REACH Dessert 12:00 (SC)	30 Pilates Yoga 11:15 (CB) FRAUD-from Bad Credit to Bitcoin 12:00 (SC) Bingo 5:00 (SC)	31

SUMMER

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