

Silver Threads-June 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 June 3 12:30	Craft Class w/Marguerite June 10 12:30 Craft Class w/Sandy June 17 12:30	Surprise Craft Class w/Sherry June 25 3:00
Greeting Card Class w/Deborah June 12 12:30	Rock painting June 19 12:30	Craft Class w/Brenda June 24 12:30


Call 828-349-2058 ext 0

Senior Center will be closed
Friday, July 3rd




**4th
of July**

REMINDER
To prevent accidents
in our parking lot,
please follow the
painted arrows



REMINDER
Please silence your cell
phone while in
the building



FYZICAL
Therapy & Balance Centers

Strong Bones
Through Movement
and Strength with
Dr. JP Ricks


June 17
12:00

BINGO

June 26
12:00

Bring a snack to share

Elder Abuse Awareness Walk
June 15 at 5:30
Downtown Gazebo in Franklin



PLAY
OV
E

Let's Play
Scrabble!


June 4th and 18th
1:00

Trivia

June 16
5:00

Bring a snack to share

Pilates Class



June 11, 18, and 25
11:15
Community Building

BINGO



June 11
5:00

Bring a snack to share


CarePartners
Rehabilitation | Home Health | Adult Care | Hospice

Grief Support Group

June 18
at 3:00

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

Social hour music with
The Burningtown
Bluegrass Boys



June 25
5:00
Music starts at 6:00

Hotdogs will be provided.
Please bring a side to share

June 2026 Lunch Menu


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Easy Beef Burgundy Rice Glazed Carrots Biscuit Apple	2 Chicken Pot Pie Sautéed Spinach Grapes Roll	3 Salisbury Steak Gravy Mashed Potatoes Stewed Okra and Tomatoes Roll Texas Sheet Cake	4 Pork Tenderloin Black Eyed Peas Green Beans Cornbread Muffin Cherry Cobbler Roll Orange Juice	5 Chicken Tenders Broccoli Potato Salad Roll Pineapple
8 Sausage and Rice Casserole Baby Limas Roll Peach Shortcake	9 BBQ Chicken Sweet Potatoes Green Peas Coleslaw Brown Sugar Margarine Roll Cantaloupe	10 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie	11 Tuna Salad Crossiant Tomato Slices Lettuce Italian Cucumber Onion Salad Strawberries	12 Beef Brisket Baked Beans Coleslaw Blackberry Cobbler Roll
15 Meatballs Mashed Potatoes Gravy Steamed Cabbage Roll Orange Pineapple Jell-O	16 Penne Rustica Zucchini/Squash/ Onions Salad with Dressing Garlic Bread Stick Cherry Cobbler	17 Ham Black Eyed Peas Squash Casserole Roll Strawberries	18 Breaded Catfish Zucchini/Squash/ Onions Mashed Sweet Potatoes w/Pecan Butter Lemon Marshmallow Fluff Garlic Breadstick	19 Herb Baked Chicken Potato Salad Orange Kissed Beets Orange Roll
22 BBQ Pork Bun Baked Sweet Potato Coleslaw Lemon Bar Orange Juice	23 Pinto Beans Mac & Cheese Turnip Greens Cornbread Spiced Fruit Vinegar	24 Chicken w/Mushroom Sauce Rice Green Peas Cucumber, Tomato, and Onion Salad Roll Grapes	25 Baked Potato Broccoli and Cheese Ham Sour Cream Roll Brownie	26 Hotdog Bun Chilli Oven Baked Fries Coleslaw Marshmallow Fluff
29 Beef Stew w/Gravy Rice Collard Greens Roll Pear Crisp	30 Boneless Chicken Stewed Okra and Tomatoes Cream Corn Roll Blueberry Crisp	Senior Center will be closed Friday, July 3 rd 		 All meals come with milk

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

Everyday June 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) 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) 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) 3:00 I Got Rhythm (SC)

June Special Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 BP Check 10:15 (SC) Bridge Basics 1:00 (SC)	3 Diamond Art 12:30 (SC)	4 Scrabble 1:00 (SC) Dementia Support 2:30 (SC)	5
8	9	10 Nails 9:30 (SC) Craft Class w/Margarite 12:30 (SC)	11 Pilates Yoga 11:15(CB) Bingo 5:00 (SC)	12 Greeting Card Class 12:30 (SC)
15 Elder Abuse Awareness Walk (Downtown Franklin) 5:30	16 BP Check 10:15 (SC) Trivia 5:00 (SC)	17 Strong Bones Through Movement and Strength Training 12:00 (SC) Craft Class w/Sandy 12:30 (SC)	18 Pilates Yoga 11:15(CB) Scrabble 1:00 (SC) Grief Support Group 3:00 (SC)	19 Rock Painting Class 12:30 (SC)
22	23	24 Craft Class w/Brenda 12:30 (SC)	25 Pilates Yoga 11:15 (CB) VIP Support Group 2:30 (SC) Surprise Craft Class w/Sherry 3:00 (SC) Social Hour 5:00 (SC)	26 Bingo 12:00 (SC)
29	30	Senior Center will be closed Friday, July 3 rd 		SC-Senior Center TS-Tassee Shelter CB-Community Building Z-Zoom

Summer Word Search



BEACH
CAMP
FUN
HOT

SUMMER
SUN
SWIM
WATER

