

Silver Threads-May 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
May 6
12:30

Greeting Card Class
May 22
12:30

Craft Class
May 13
12:30

Air Dry Pottery Class
May 20 & 22
12:30

Craft Class
May 27
12:30

Call 828-349-2058 ext 0

LEGAL AID NC



How to Avoid Scams and Frauds

May 28
12:30

Senior Center will be closed for Memorial Day, May 25



What is the appropriate height for your cane, walker or rollator?

May 20
12:00

Walking Group at Tassee Shelter on the Greenway



Please join our Senior Center walking group on the beautiful Greenway. Starting Friday, May 8th at 10:00



May 29
12:00

Bring a snack to share



Diabetics Prevention Program Presentation

May 8th
at 12:30

Free Shred Event
May 6
10:00



Robert C. Carpenter Community Building



May 19
5:00

Bring a snack to share

Tech Support with Tori

One on one tech support provided on your device



May 21
Appointments required



May 12
5:00

Bring a snack to share



Grief Support Group

May 21
at 3:00

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



Music with Perry Welch, Katherine Brown, and Dave Stewart

May 7
5:00
Bring a snack to share

May 2026 Lunch Menu


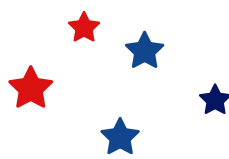
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>All meals come with milk</p>				<p>1 Pork Tenderloin Black Eyed Peas Green Beans Cornbread Muffin Cherry Cobbler Orange Juice</p>
<p>4 Breakfast Ham and Egg Casserole Sliced Tomatoes Spiced Peaches Biscuit Sausage Gravy Orange Juice</p>	<p>5 Cinco De Mayo Chicken Taco Casserole Corn Green Beans Cornbread Pineapple Upside Down Cake</p>	<p>6 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie</p>	<p>7 Chicken Salad on Croissant Pasta Salad Tomato Slices Oatmeal Cookies</p>	<p>8 Beef Stew w/Gravy Rice Collard Greens Roll Pear Crisp</p>
<p>11 Kielbasa w/Peppers and Patatoes German Red Cabbage Roll Apple Crisp Orange Juice</p>	<p>12 Penne Rustica Zucchini/Squash/ Onions Salad with Dressing Garlic Bread Stick Cherry Cobbler</p>	<p>13 Ham Black Eyed Peas Squash Casserole Roll Strawberries</p>	<p>14 Breaded Catfish Zucchini/Squash/ Onions Mashed Sweet Potatoes w/Pecan Butter Lemon Marshmallow Fluff Garlic Breadstick</p>	<p>15 Herb Baked Chicken Potato Salad Orange Kissed Beets Orange Roll</p>
<p>18 Goulash Green Beans Roll Chocolate Bread Pudding Orange Juice</p>	<p>19 Pinto Beans Mac & Cheese Turnip Greens Cornbread Spiced Fruit Vinegar</p>	<p>20 Chicken w/Mushroom Sauce Rice Green Peas Cucumber, Tomato, and Onion Salad Roll Grapes</p>	<p>21 Baked Potato Broccoli and Cheese Ham Sour Cream Roll Brownie</p>	<p>22 Beef Brisket Baked Beans Coleslaw Blackberry Cobbler Roll</p>
<p>25 Closed for Memorial Day</p> 	<p>26 Hamburger Bun Lettuce, and Tomato Potato Wedges Baked Beans Watermelon</p>	<p>27 Baked Spaghetti Tossed Salad w/Dressing Garlic Toast Cherry Cobbler</p>	<p>28 Turkey Dressing Gravy Green Beans Peaches Roll</p>	<p>29 BBQ Pork Bun Baked Sweet Potato Coleslaw Lemon Bar Orange Juice</p>

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

Everyday May 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-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)

May Special Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>"It is nice to be important, but it's more important to be nice." – John Templeton</p>		Elder Abuse Walk Monday, June 15 5:30  Downtown Franklin Gazebo	SC - Senior Center CB- Community Building Z- Zoom	1
4	5 BP Check 10:00 (SC)	6 Nails 9:30 (SC) Shred Event 10:00 (CB) Diamond Art 12:30 (SC)	7 Scrabble 1:00 (SC) Dementia Support 2:30 (SC) Music w/Perry, Kathrine, and Dave 5:00 (SC)	8 Diabetes Prevention Presentation 12:30 (SC)
11	12 Bridge Basics 1:00 (SC) Bingo 5:00 (SC)	13 Craft Class 12:30 (SC)	14 Pilates Yoga 11:15(CB)	15
18	19 BP Check 10:00 (SC) Bridge Basics 1:00 (SC) Trivia 5:00 (SC)	20 Assistive Device Check 12:00 (SC) Air Dry Pottery Class Part 1 12:30 (SC)	21 Pilates Yoga 11:15 (CB) Tech Support with Tori 12:00 (SC) Scrabble 1:00 (SC) Grief Support Group 3:00 (SC)	22 Greeting Card Class 12:30 (SC) Air Dry Pottery Class Part 2 12:30 (SC)
25 Closed for Memorial Day 	26 Bridge Basics 1:00 (SC)	27 Craft Class 12:30 (SC)	28 Pilates Yoga 11:15 (CB) Scams: From Bad Debt to Fake Bitcoin 12:30 (SC) VIP Support Group 2:30 (SC)	29 Bingo 12:00 (SC)



MAY

Word Search

K P N Q P C D H M Z N E M X J	May
L H M A Q I G I S O L G O X K	May Day
A D L E B N S M C R D R T P G	Mother's Day
D F M V M C Q P M E Q J H L J	Flowers
Y Q A N T O M M R Z O B E A D	Spring
B U Y R J D R A R I T B R N G	Cinco de Mayo
U V A Y G E B I Y S N Y S T A	Garden
G V C N M M G U A D H G D S R	Memorial Day
G Q Z Q A A X I T L A T A S D	Butterfly
X K Q E Q Y Y G X T D Y Y N E	Ladybug
H M I F L O W E R S E A R W N	Plants
G B E F J F E W C F M R Y Z K	Grass
W W L I L G R A S S T K F F J	
H H U F K Z L I O E Z G T L F	
F U D F N I I U U M V Z H V Y	

