

Silver Threads-November 2025

Crawford Senior Center
108 Wayah Street
Franklin, NC 28734

(828) 349-2058

(828) 369-0160 Fax (828) 349-0211

www.maconnc.org

Community Resource Center

Diamond Art Class
with Lisa
November 5
12:30

Craft Class
with Sandy
November 19
12:30



Greeting Card Class
with Deborah
November 14
12:30

Craft Class
with Brenda
November 26
12:30

Call 828-349-2058 ext 0

Senior Services will be closed for
Veteran's Day Tuesday, 11/11/25



Senior Services will be closed for
Thanksgiving Thursday, 11/27/25 and
Friday, 11/28/25



Do not forget to set your
clocks back one hour
Sunday, November 2



Basic First Aid Training
with
Macon County EMS

November 21
12:00-4:00

Must register

Bluegrass Music with
The Burningtown
Bluegrass Band

November 18
5:00



Bring an appetizer to share



Lunch and Learn

Learn about Comfort
Keepers and their services

November 12
12:00

Must register

Hobby Lobby Trip
November 12

Registration begins on Tuesday, November 4 at 10:00.
Must register in person. Please bring a \$5 donation for transportation.
Please bring exact change to reserve your spot.

Kim Terrell, RDN
presents
Dining with Diabetes



November 19
3:30

Must register

Tech Support
with Tori
One on one tech
support provided on
your device



November 20
Appointments
required



Sponsored by
Laura Woolverton
Insurance Specialist

November 20
12:00



Grief Support Group

Thursday, November 20
at 3:00

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

New Pilates Class



November 6 and 20
11:15
Community Building

Partnering to promote, protect, and strengthen our community

November 2025 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Easy Beef Burgundy Noodles Glazed Carrots Biscuit Apple	4 Penne Rustica Zucchini/Squash/ Onions Salad with Dressing Garlic Bread Stick Cherry Cobbler	5 Chicken Pot Pie Harvard Beets Roll Pumpkin Pie	6 Pesto Crusted Cod Zucchini/Squash/ Onion Mashed Sweet Potatoes w/Pecan Butter Green Marshmallow Fluff Garlic Breadstick	7 Eggs Biscuit w/Sausage Gravy Grits Cinnamon Apples Orange Juice
10 Chicken Marsala Sauteed Spinach Buttered Orzo Roll Peaches	11 Closed 	12 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie	13 Baked Potato Broccoli and Cheese Ham Roll Brownie	14 Beef Stew w/Gravy Rice Collard Greens Roll Pear Crisp
17 Sausage and Rice Casserole Baby Lima Beans Roll Peach Shortcake	18 Baked Spaghetti Tossed Salad w/Dressing Garlic Toast Pears	19 Parmesan Baked Chicken Potato Casserole Marinated Cucumbers, Tomatoes, and Onions Cantaloupe Roll	20 Pork w/Apple Sauerkraut Roasted Carrots Green Beans Biscuit Lemon Pie	21 Beef Brisket Baked Beans Coleslaw Blackberry Cobbler Roll
24 Chicken w/Mushroom Sauce Rice Green Peas Cucumber, Tomato, and Onion Salad Roll Grapes	25 Pinto Beans Mac & Cheese Turnip Greens Cornbread Spiced Fruit Vinegar	26 Turkey Dressing w/Gravy Sweet Potato Casserole Green Beans Roll Pumpkin Pie	27 Closed 	28 Closed 
			Drinking vitamin D- fortified low-fat or fat- free milk: milk products; or nondairy soy, almond, rice, or other drinks with vitamin D and calcium will keep your bones strong.	 All meals come with milk

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

Everyday November 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 Kaysea's Knit/Crochet Circle (SC) 1:00-Seated Tai Chi (SC) 2:00-Chair Yoga (SC) 3:00-Chair Volleyball (SC)	9:00-Conditioning (SC) 10:00Bible 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)

November Special Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 Nails 9:00 (SC) Diamond Art with Lisa 12:30 (SC) Teen Techs (SC) 3:30	6 Dementia Support 2:30 (SC) Bingo 4:30 (SC) Pilates 11:15 (CB)	7 Upstairs Lobby will be closed 1pm-3pm.
10	11 Closed 	12 Hobby Lobby Trip Blood Pressure Check 10:00 (SC) Lunch and Learn 12:00 (SC)	13 Scrabble 12:30 (SC) VIP Support 2:30 (SC)	14 Greeting Card Class with Deborah 12:30 (SC)
17	18 Bluegrass Music 5:00 (SC)	19 Blood Pressure Check 10:00 (SC) Craft Class with Sandy 12:30 (SC) Dining with Diabetes 3:30 (SC) Teen Techs (SC) 3:30	20 Pilates 11:15 (CB) Tech Support with Tori 12:00 (SC) Bingo 12:00 (SC) Grief Support Group 3:00 (SC)	21 First on the Scene Training 12:00 (SC)
24	25 Trivia 5:00 (SC)	26 Craft Class with Brenda 12:30 (SC)	27 Closed 	28 Closed 
				SC - Senior Center CB- Community Building Z- Zoom



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

Orange	Bat	Pumpkin	Patch
Fall	October	Treat	Costume
Halloween	Owl	Candy	Trick