

Silver Threads-October 2026

Crawford Senior Center (828) 349-2058

108 Wayah Street

Franklin, NC 28734

(828) 369-0160 Fax

www.maconnc.org

Community Resource Center

(828) 349-0211

Jewelry Class

October 2

12:00

Crafting

October 14

12:30

Greeting Card

Class

October 23

12:30

Diamond Art

October 7th

12:30

Rock Painting

October 16

12:30

Barn Quilt Painting

October 28

12:30

Call 828-349-2058 ext 0 to register

Ladies Fall Tea



October 30

3:00

Registration begins Wednesday, 10/14/26 at 10AM.

Please bring \$2.00 to register (Exact change required)



Need help with clipping your nails? Please come and see our nail tech, Sharon
October 7th
9:30-12:30

VAYA HEALTH
Unseen Losses:
Aging, Grief, and
Change



October 22nd at
12:00



Let's Play Scrabble!

October 1 & 15

1:00



Hearing Screening

October 20

9 - 11

Georgia Mountain Fair Fall Festival

October 9th

Registration begins on October 5 at 10:00.

Must register in person. Please bring a \$5 donation for transportation, and \$10 for entrance for fair.

Bring exact change to reserve your spot.

October 8

5:00

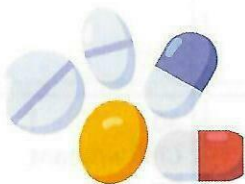
Bring a snack to share



October 20

5:00

Bring a snack to share



National Prescription
Drug Take Back Day

October 23

10:30-12:30

Senior Center

Two talented acoustic
guitarists/singer
songwriters playing a fun
variety of music.



October 15

5:00



Grief Support Group

October 22

at 3:00

RSVP Chelesa Lambert

828-989-5611

chelsea.lambert@hcahealthcare.com

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



Appointment

Required

October 13

October 2026 Lunch Menu

MONDAY



All meals come
with milk

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5
Chicken Pot Pie
Sauteed Spinach
Grapes
Roll
Skim Milk

6
Penne Rustica
Zucchini/Squash/
Onions
Salad with Dressing
Garlic Bread Stick
Cherry Cobbler

7
Meatloaf
Mashed Potatoes
Gravy
Mixed Vegetables
Biscuit
Apple Pie

8
Chicken Salad
w/Croissant
Pasta Salad
Tomato Slice
Oatmeal Cookie
Skim Milk

9
BBQ Pork w/Bun
Baked Sweet Potato
Coleslaw
Lemon Bar
Orange Juice
Skim Milk

12
Stuffed Cabbage Rolls
w/Tomato Sauce
Boiled Red Potatoes
Roasted Carrots
Roll
Strawberry Crisp
Skim Milk

13
Parmasean Baked
Fish
Stewed Okra &
Tomatoes
Wild Rice
Black Beans
Roll
Banana Pudding
Skim Milk

14
Ham
Black Eyed Peas
Squash Casserole
Roll
Strawberries

15
Goulash
Green Beans
Roll
Chocolate Bread
Pudding
Skim Milk
Orange Juice

16
Hot Dog w/Chili
Bun
Oven Baked Fries
Ketchup, Mustard
Coleslaw
Marshmellow Fluff

19
Grilled Chicken Breast
Stuffed Green Pepper
Steamed Spinach
w/Garlic
Roll
Orange

20
Pinto Beans
Mac & Cheese
Turnip Greens
Cornbread
Spiced Fruit
Vinegar

21
Chicken w/Mushroom
Sauce
Rice
Green Peas
Cucumber, Tomato,
and Onion Salad
Roll
Grapes

22
Pork
Apple Sauerkraut
Roasted Carrots
Green Beans
Biscuit
Lemon Pie

23
Beef Stew w/Gravy
Rice
Collard Greens
Roll
Pear Crisp

26
Chicken Taco
Casserole
Okra & Tomatoes
Orange Fruit Salad
Mexican Cornbread
Skim Milk

27
Baked Spaghetti
Tossed Salad
w/Tomatoes, Carrots
& Radishes
Dressing
Garlic Toast
Pears
Skim Milk

28
Chicken & Dumplings
Turnip Greens
Roll
Strawberries, Vanillia
Pudding w/Wafers
Skim Milk

29
Easy Beef Burgundy
Rice
Glazed Carrots
Biscuit
Apple

30
Chili w/beans
Broccoli
Cornbread
Mandarin Oranges
Brownie
Skim Milk

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

Everyday October Activity Page

MONDAY

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)

TUESDAY

9:00-Conditioning (SC)
10:00 Chair Yoga w/ Jamie (SC)
10:00 Knitting Group (SC)
11:00 Tai Chi for Diabetes (SC)
12:00-Let's Sing (SC)
12:30-Mahjong (SC)
1:00-Seated Tai Chi (SC) (Z)
2:15-Zumba Gold (SC)
3:15 Chair Volleyball (SC)

WEDNESDAY

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)

THURSDAY

10:00 Chair Yoga with Jamie (SC)
11:00 Tai Chi for Diabetes (SC)
11:15 Pilates (CB)
12:00 DrumFit Class (SC)
1:00-Seated Tai Chi (SC) (Z)
2:00-Chair Yoga (SC)
3:00-Chair Volleyball (SC)

FRIDAY

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)
1:45 Tai Chi for Arthritis (Z)
2:30-Discover Meditation (SC)

October Special Activities

MONDAY

SC- Senior Center
TS-Tassee Shelter
CB-Community Building
Z-Zoom

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

6

Blood Pressure 10:15 (SC)

7

Nails with Sharon 9:30-12:30 (SC)
Diamond Art 12:30 (SC)

8

Bingo 5:00 (SC)

9

Georgia Mountain Fair Trip

12

13

Tech Time W/Tori (Appt. required) (SC)

14

Craft Class 12:30 (SC)

15

Scrabble 1:00 (SC)
Grief Support 3:00 (SC)
Music Event 5:00 (SC)

16

Rock Painting 12:30 (SC)

19

20

Blood Pressure 10:15 (SC)
Trivia 5:00 (SC)
Hearing Screening 9:00-11:00 (SC)

21

22

Vaya Health-Unseen Losses 12:00 (SC)
Vision Impaired Support Group 2:30 (SC)

23

Greeting Card Class 12:30 (SC)
Prescription Take Back (SC) 10:30 - 12:30

26

27

28

Barn Quilt Painting 12:30 (SC)

29

Felting Class 3:00 (SC)

30

Ladies Fall Tea (SC) 3:00 (Registration Required)



Autumn Word Search



W	B	Y	K	N	L
O	N	R	R	R	E
R	Z	O	O	O	A
C	C	E	S	W	F
A	P	P	L	E	N
E	K	A	R	D	O

Find the words
hidden in the puzzle:

acorn
apple
brown
crow
leaf
rake

