

# Silver Threads-September 2026

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 w/Lisa  
September 2  
12:30

Needle Felting w/Sherry  
September 10  
2:00

Crafting w/Brenda  
September 9  
12:30

Jewelry Class  
September 16  
12:00

Greeting Card Class  
September 25  
12:30

Call 828-349-2058 ext 0

Senior Services will be closed for  
Labor Day Monday, September 7, 2026

★ **LABOR** ★  
★ **DAY** ★

**Edward Jones**  
MAKING SENSE OF INVESTING

**Olivia Swift**

**Retirement: Making  
Your Money Last**

September 3  
12:30



**Avoiding Scams  
and Frauds**

September 10  
12:30

**Living with  
Chronic  
Conditions?**

Please join us for a 6-week  
course to learn ways to cope  
with Chronic Conditions

Registration required. Please  
register by Tuesday, 9/15/26

September 17  
12:00-2:00

**Protect Your Health  
Get Your Flu Shot**



September 24  
9:00-12:00

Bring your Medicare Card

**Nails**

Need help with clipping  
your nails? Please come  
and see our nail tech,  
Sharon  
September 2  
9:30

**Blood Pressure Check**



September 14  
10:15



September 10  
5:00pm  
Bring a snack to share



September 15  
5:00pm  
Bring a snack to share



**National Prescription  
Drug Take Back Day**

October 23  
10:30-12:30  
Senior Center

**Multi-generational  
Interactive Music Night  
with Sonia Brooks**



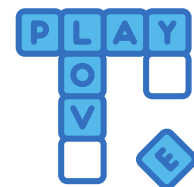
September 17  
5:00

**CarePartners**  
Rehabilitation | Home Health | Adult Care | Hospice

**Grief Support Group**

September 17  
at 3:00

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



**Let's Play Scrabble!**

September 3<sup>rd</sup> and 17<sup>th</sup>  
1:00

*Partnering to promote, protect, and strengthen our community*

# September 2026 Lunch Menu

| MONDAY                                                                                                                                 | TUESDAY                                                                                                     | WEDNESDAY                                                                                                                   | THURSDAY                                                                                                                                                                                        | FRIDAY                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                        | 1<br>Pork Apple<br>Sauerkraut<br>Roasted Carrots<br>Green Beans<br>Biscuit<br>Lemon Pie                     | 2<br>Parmesan Baked Chicken<br>Potato Casserole<br>Marinated Cucumbers, Tomatoes, and Onions<br>Cantaloupe Roll             | 3<br>Biscuits<br>Eggs<br>Sausage Gravy<br>Grits<br>Cinnamon Apples<br>Orange Juice                                                                                                              | 4<br>Hamburger Bun<br>Lettuce, Tomato and Onion<br>Tater Tots<br>Baked Beans<br>Banana Pudding                              |
| 7<br>Senior Services will be closed for Labor Day<br> | 8<br>Penne Rustica<br>Zucchini/Squash/Onions<br>Salad with Dressing<br>Garlic Bread Stick<br>Cherry Cobbler | 9<br>Meatloaf<br>Mashed Potatoes<br>Gravy<br>Mixed Vegetables<br>Biscuit<br>Apple Pie                                       | 10<br>Chicken Salad<br>Croissant<br>Pasta Salad<br>Tomato Slices<br>Oatmeal Cookie                                                                                                              | 11<br>Beef Brisket<br>Baked Beans<br>Coleslaw<br>Blackberry Cobbler Roll                                                    |
| 14<br>Grilled Chicken Breast<br>Stuffed Green Pepper<br>Steamed Spinach w/Garlic<br>Roll<br>Orange                                     | 15<br>Parmesan Baked Fish<br>Stewed Okra and Tomatoes<br>Wild Rice<br>Black Beans<br>Roll<br>Banana Pudding | 16<br>Ham<br>Black Eyed Peas<br>Squash Casserole<br>Roll<br>Strawberries                                                    | 17<br>Baked Potato<br>Broccoli and Cheese<br>Ham<br>Sour Cream<br>Roll<br>Brownie                                                                                                               | 18<br>Easy Beef Burgundy<br>Rice<br>Glazed Carrots<br>Biscuit<br>Apple                                                      |
| 21<br>Pizza Casserole<br>Broccoli<br>Corn<br>Breadstick<br>Peach Halves<br>Orange Juice                                                | 22<br>Pinto Beans<br>Mac & Cheese<br>Turnip Greens<br>Cornbread<br>Spiced Fruit<br>Vinegar                  | 23<br>Chicken w/Mushroom Sauce<br>Rice<br>Green Peas<br>Cucumber, Tomato, and Onion Salad<br>Roll<br>Grapes                 | 24<br>Salisbury Steak<br>Gravy<br>Mashed Potatoes<br>Stewed Okra and Tomatoes<br>Roll<br>Cake w/Chocolate Icing                                                                                 | 25<br>Chicken Filet<br>Bun<br>Lettuce, and Tomato slice<br>Oven Brown Potatoes<br>California Blend Vegetables<br>Cantaloupe |
| 28<br>Beef Stew w/Gravy<br>Rice<br>Collard Greens<br>Roll<br>Pear Crisp                                                                | 29<br>Turkey<br>Gravy<br>Dressing<br>Green Beans<br>Pineapple Chunks<br>Roll                                | 30<br>Chicken Tenders<br>Mixed Vegetables<br>Red Potatoes<br>Roll<br>Cantaloupe<br>Honey Mustard<br>Sour Cream<br>Margarine | Focus on nutrient-dense foods like colorful fruits and vegetables, lean proteins, whole grains, and low-fat dairy, while staying hydrated and limiting sodium, added sugars, and unhealthy fats | <br><br>All meals come with milk       |

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

# Everyday September Activity Page

| MONDAY                                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                 | THURSDAY                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10:00-Yoga with Terry (Z)<br>(CB)<br>11:00-Innersize (CB)<br>12:00-Simple Effective<br>Exercise (SC)<br>1:00-Bridge (SC)<br>1:00- Walking (CB)<br>1:00 Seated Dancing<br>w/Selma (SC)<br>2:00-Chair Yoga (SC)<br>3:00-Chair Volleyball (SC) | 9:00-Conditioning (SC)<br>10:00 Chair Yoga w/<br>Jamie (SC)<br>10:00 Knitting Group<br>11:00 Tai Chi (SC)<br>12:00-Let's Sing (SC)<br>12:30-Mahjong (SC)<br>1:00-Seated Tai Chi (SC)<br>2:15-Zumba Gold (SC)<br>3:15 Chair Volleyball<br>(SC) | 10:00 Writing Group (SC)<br>11:00-Gentle Yoga (CB)<br>12:00 Seated Dancing<br>w/Selma (SC)<br>1:00-Pinochle (SC)<br>1:00-Tai Chi (SC) (Z)<br>1:00-Walking (CB)<br>2:00 Cardio & Strength<br>Workout (SC)<br>3:00-Chair Volleyball<br>(SC) | 10:00 Chair Yoga with<br>Jamie (SC)<br>11:00 Tai Chi (SC)<br>12:00 DrumFit Class<br>(SC)<br>1:00-Seated Tai Chi<br>(SC)<br>2:00-Chair Yoga (SC)<br>3:00-Chair Volleyball<br>(SC) | 9:00-Conditioning (SC)<br>10:00 Outdoor Walking<br>Group (TS)<br>10:00-Bible Study (SC)<br>12:00-Simple Effective<br>Exercise (SC)<br>1:00-Kings Row (SC)<br>1:00-Walking (CB)<br>1:00-Qigong(SC)<br>2:00-Discover<br>Meditation (SC) |

## September Special Activities

| MONDAY                                                                                                                                    | TUESDAY                | WEDNESDAY                                      | THURSDAY                                                                                                                                                                                              | FRIDAY                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------|------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
|                                                                                                                                           | 1                      | 2<br>Nails 9:30 (SC)<br>Diamond Art 12:30 (SC) | 3<br>Making Your Money Last<br>12:30 (SC)<br>Scrabble 1:00 (SC)<br>Dementia Support 2:30 (SC)                                                                                                         | 4                                                                        |
| 7<br>Senior Servies will be<br>closed for Labor Day<br> | 8                      | 9<br>Crafting w/Brenda 12:30 (SC)              | 10<br>Pilates 11:15(CB)<br>Scams and Frauds 12:30 (SC)<br>BINGO 5:00 (SC)<br>Felting w/Sherry 2:00 (SC)                                                                                               | 11                                                                       |
| 14<br>BP Check 10:15 (SC)                                                                                                                 | 15<br>Trivia 5:00 (SC) | 16<br>Jewelry Class 12:00 (SC)                 | 17<br>Pilates 11:15(CB)<br>Scrabble 1:00 (SC)<br>Grief Support Group 3:00 (SC)<br>Chronic Conditions 12:00 (SC)<br>Music Evening 5:00 (SC)                                                            | 18                                                                       |
| 21                                                                                                                                        | 22                     | 23<br>Bingo 12:30 (SC)                         | 24<br>Get Your Flu Shot 9:00 (SC)<br>Pilates 11:15 (CB)<br>Chronic Conditions 12:00 (SC)<br>VIP Support Group 2:30 (SC)                                                                               | 25<br>Greeting Card Class 12:30<br>(SC)                                  |
| 28                                                                                                                                        | 29                     | 30                                             | <b>National Prescription Take<br/>Back Event</b><br><br>Friday, October 23, 2026<br>10:30-12:30<br>Senior Center | SC-Senior Center<br>TS-Tassee Shelter<br>CB-Community Building<br>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   |