

Caswell Senior Center

The mission of the Caswell Senior Center is to enrich the lives of Caswell senior adults by responding to their diverse needs and interests.

Gadabout Travel News



Wednesday November 20th, 2024

Let's go visit the Southern Supreme Fruitcake Factory! We will start the morning off with a tour of the factory, be prepared for a lot of sweet treats. Next, we will enjoy lunch together at the Westmoore Family Restaurant. We will also make a stop at the pottery market in Seagrove for a fun filled afternoon together.

We will leave the Senior Center at 7:30 am. Registration opens on Friday, November 8, at 8:30 am. Cost for the trip is \$15 (to help cover cost of bus) per person. Payment due at time of registration. You can only register yourself.

Alzheimer's Awareness
Month of November
Light the world in "Teal"

Living a healthy lifestyle is so important to your overall health and better aging. Keeping a healthy lifestyle, exercise, nutritious diet and social connections can promote brain health and wellness, Let's Go Teal!



Notes from Jeannine

Why Does Daylight Savings Time Exist?

According to the "historians" daylight savings time was originally implemented during WWI to help conserve fuel and power in the US. Time zones in the US began in the late 1800's to help railroad companies coordinate a long time and to reduce the likelihood of trains crashing due to the difference in how time was kept. Before this, there were over 144 local times zones in North America.

The government didn't alter time zones until 1918, with the passage of the Standard Time Act of 1918. At that time, the Interstate Commerce Commission was put in charge of time zones.

The idea came during WWI and it was thought by shifting time we would get more daylight hours & would reduce the need for lighting, After the war's conclusion, daylight savings time was abolished nationally, with some states continuing the practice.

Don't forget to fall back an hour on Sunday November 03 and enjoy an extra hour of sleep. But don't be late for church.





“Veterans Day Ceremony”

Date: Monday November 11, 2024

Time: 11:00AM

Where: Yanceyville Pavilion, Cole Street Yanceyville, NC

Guest Speaker:

Retired Air Force

Major General Stephen A. Schaich

Note: Outside Event-Bring your lawn chair

Sponsored by: Caswell Senior Center, VFW Post 7316, Am.

Legion Post 89, and Piedmont Community College

Senior Services

Information and Referral

Fitness Health Promotion

Senior Games

Transportation Medical/General

Caregiver Classes

Cancer Relief Fund

Energy Assistance

Medicare/Medicaid Benefits

Job Training Placement, NCBA

Telephone Reassurance

Durable Medical Equipment

Food Distribution

Tax Preparation Counseling

Legal Services

Caregivers Support Program

Congregate/Home Delivered Meals

Insurance Counseling (SHIIP)

Veteran Services

Wig Closet



Hours of Operation:

Monday - Friday

8:00am-5:00pm

336-694-7447

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Follow us on Facebook!</p> <p>"Caswell County Senior Center"</p>	<p>SAVE THE DATE CHRISTMAS BREAKFAST, DOOR PRIZES AND RAFFLE BAKE SALE TOO DEC. 4TH @ 8:30</p>		<p>1</p> <p>8:30 Fit-4-Life \$\$</p> <p>9:30 Line Dance</p> <p>10:00 Congregate Meets— Let's Play Family Feud</p>
<p>4</p> <p>10:00 Congregate Meets— Chair Exercise</p> <p>10:00 T'ai Chi (in craft room) \$\$</p>	<p>5</p> <p>8:30 Fit-4-Life \$\$</p> <p>9:00 Choir</p> <p>9:30 Congregate Meets—Honor Our Veterans</p> <p>10-12 Tech Drop-in</p>	<p>6</p> <p>10:00 -Congregate Meets—Table Tennis</p> <p>11:00 Veterans Service Officer</p> <p>1:15 Yoga w/Frank \$\$</p>	<p>7</p> <p>10:00 Congregate Meets— Yanceyville Fire Dept. Fire Safety</p> <p>1:30 Cardio Drumming</p>	<p>8</p> <p>8:30 Fit-4-Life \$\$</p> <p>9:30 Line Dance</p> <p>10:00 Congregate Meets— How's Your Brain Health with John Graves</p>
	<p>12</p> <p>8:30 Fit-4-Life \$\$</p> <p>9:00 Choir</p> <p>10:00 Congregate Meets—Election Day Results</p> <p>10-12 Tech Drop-in</p>	<p>13</p> <p>10:00 Congregate Meets—Let's Toss the Bag Corn Hole</p> <p>1:15 Yoga w/Frank \$\$</p>	<p>14</p> <p>9:30am Paint w/Carol</p> <p>10:00 Congregate Meets—Government Updates with Sharon</p> <p>10:00 Phone Basics #1</p> <p>1:30 Cardio Drumming</p>	<p>15</p> <p>8:30 Fit-4-Life \$\$</p> <p>9:30 Line Dance</p> <p>10:00 Singing with Claude & Paul</p>
<p>18</p> <p>10:00 Congregate Meets— Crafting with Doris & Savannah</p> <p>10:00 T'ai Chi (in craft room) \$\$</p>	<p>19</p> <p>8:30 Fit-4-Life \$\$</p> <p>9:00 Choir</p> <p>10:00 Congregate Meets—Devotional Time with Jelesa Hardin</p> <p>10-12 Tech Drop-in</p>	<p>20</p> <p>9:00 Advisory Committee</p> <p>10:00 Congregate Meets—The Board Games Challenge</p> <p>11 Veterans Service Officer</p>	<p>21</p> <p>9:00—2:30 Blood Drive Mobile Unit</p> <p>10:00 Congregate Meets—Sheriff's Dept. with Updates</p> <p>10:30 Blood Pressure Checks</p> <p>10:00 Phone Basics #2</p> <p>1:30 Cardio Drum</p>	<p>22</p> <p>8:30 Fit-4-Life \$\$</p> <p>9:30 Line Dance</p> <p>10:00 Congregate Meets—Living with Alzheimers Disease</p>
<p>25</p> <p>10:00 Congregate Meets—Bingo</p> <p>10:00 T'ai Chi (in craft room) \$\$</p>	<p>26</p> <p>8:30 Fit-4-Life \$\$</p> <p>9:00 Choir</p> <p>9:30 Congregate Meets—What are you Thankful for?</p>	<p>27</p> <p>10:00 -Congregate Meets—Cake Walk</p> <p>1:15 Yoga w/Frank \$\$</p>		

Senior Center Happenings

Veterans Breakfast and Conversation– Will resume in January 2025



Veterans Service Officer

Our Veterans' Service Officer, Wanda Jones, will be at the Center on **Wednesday November 6 & November 20**. Appointments are first come, first serve beginning at 11 am.



Mobile Unit Blood Drive:

The last blood drive of the year will be on **Thursday November 21** from 9:30-2:30 **OneBlood will bring the mobile unit and we hope we can help them collect at least 15 bags of blood this time. With the hurricane hitting Western NC they are in dire need. Please consider donating. Go to OneBlood.org and look for Caswell County Government to register.**



Blood Pressure Checks:

Benton Kay will join us on **Thursday 21 at 10:30am** to do blood pressure checks. No appointment needed.

Paint Class with Carol

Carol Dodson will join us on **Thursday November 14** for paint class at 9:30 am. Cost for the class is \$3.00.



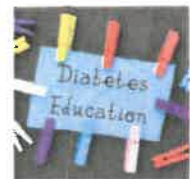
Cardio Drumming

The Senior Center now offers a cardio drumming class led by instructor C.J. Whittle. The class meets every Thursday at 1:30. Cost is \$3.00.



Diabetes Class

The Senior Center will offer a Diabetes Class every Thursday beginning January 9 to February 13. Class will meet from 12:00 to 2:30. Topics covered will include healthy eating, physical activity, medications and more. Registration is required. Please call Christine at 336-904-0300



Save the Date

Caswell Farmers "Thanksgiving Market"

Thursday November 21st

3:00 pm– 5:30 pm