

Senior Center Happenings

Breakfast and Conversation

Join us every **4th Wednesday at 9:00 am (July 24)** for coffee and conversation with other Veterans. The senior center sponsors a lite breakfast with coffee and juice to all Veterans. Special guest for July will be Shelby Kline with Flight of Honor. Breakfast provided by Central Ruritan Club of Yanceyville.



Veterans Service Officer

Our Veterans' Service Officer, Wanda Jones, will be at the Center **on Wednesday July 10 and July 24**. Appointments are first come, first serve beginning at 11 am.



Tech Tuesdays with Tyler

See page 5 of this newsletter for drop-in sessions and class times.



Paint Class with Carol

Carol Dodson will join us on **Thursday, July 25th** for paint class. Cost for the class is \$3.00. Registration opens on July 8th.



Cake Decorating Class

We are excited to have Annette Jordan lead us in a class of creative cake decorating on **Tuesday, July 16, at 1 pm**. Call Cindy at 336-694-7447 to register for the class. You must provide your own cake to decorate.



Are you interested in crochet, beading, quilting, or wreath making? Would you be interested in participating in a class that offers each of these crafts on a rotating basis? There would be a nominal fee to cover the cost of materials. Please call Cindy and let us know if you would have an interest in this type of class.



July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Congregate Meets— Postal Worker's Day 10:00 T'ai Chi (in craft room)\$\$	2 8:30 Fit-4-Life \$\$ 9:00 Choir 10:00 Congregate Meets—STHL Updates 10-12 Tech w/ Tyler	3 10:00 -Congregate Meets—Horseshoes 1:15 Yoga w/Frank\$\$	4 Senior Center Closed 	5 8:30 Fit-4-Life \$\$ 9:30 Line Dance 10:00 Congregate Meets—History of Independence Day
8 10:00 Congregate Meets— National Hot Dog Month 10:00 T'ai Chi (in craft room)\$\$	9 8:30 Fit-4-Life \$\$ 9:00 Choir 9:30 Congregate Meets—Senior Clef Singers	10 10:00 -Congregate Meets—Table Tennis 11-1 Veterans Service Officer 1:15 Yoga w/Frank\$\$	11 10:00 Congregate Meets— Hotter Than The 4th Senior Dance 10:00 Phone Basics w/ Tyler Cobb (Taking & Sharing Photos) 1:30 Cardio Drumming	12 8:30 Fit-4-Life \$\$ 9:30 Line Dance 10:00 Congregate Meets— Bingo
15 10:00 Congregate Meets—Chair Exercises 10:00 T'ai Chi (in craft room)\$\$	16 8:30 Fit-4-Life \$\$ 9:00 Choir 10:00 Congregate Meets—Angela Childers/EMS 10-12 Tech w/ Tyler 1:00 Cake Decorating	17 9:00 Advisory Comm 10:00 Congregate Meets—Corn Hole 1:15 Yoga w/Frank\$\$	18 10:00 Congregate Meets—Crafts w/ Doris & Savannah 1:30 Cardio Drumming	19 8:30 Fit-4-Life \$\$ 9:30 Line Dance 10:00 Congregate Meets—Lets Dance
22 10:00 Congregate Meets—Parents' Day 10:00 T'ai Chi (in craft room)\$\$	23 8:30 Fit-4-Life \$\$ 9:00 Choir 10:00 Congregate Meets—Senior Nutrition w/ Sonya Patterson 2:00 Tech w/ Tyler	24 9:00 Veterans Coffee & Conversation 10:00 Congregate Meets—Dominoes 10:30 Scrapbooking 11-1 Veterans Service Officer 1:15 Yoga w/Frank\$\$	25 9:30 Paint w/ Carol 10:00 Congregate Meets—Tech Guru/ Tyler Cobb 1:30 Cardio Drumming 2:00 Phone Basics w/ Tyler Cobb (Learn to Text)	26 8:30 Fit-4-Life \$\$ 9:30 Line Dance 10:00 Congregate Meets - Lunch on Farmer Lake
29 10:00 Congregate Meets—Marquise Carlise w/ Lincoln Heritage & Bingo 10:00 T'ai Chi (in craft room)\$\$	30 8:30 Fit-4-Life \$\$ 9:00 Choir 10:00 Congregate Meets— B'Day Bingo 10-12 Tech w/ Tyler	31 10:00 -Congregate Meets—Enjoy Your Favorite Outdoor Game 1:15 Yoga w/Frank\$\$	Follow us on Facebook! "Caswell County Senior Center"	

Be Our Guest

Singles Dinner

Thursday, July 25, 2024

5:30 PM

Caswell Senior Center

649 Firetower Road

Yanceyville, NC 27379

Please RSVP by July 19th

Meal provided by The Senior Center

*If you would be willing to provide a
dessert, please let Cindy know.*



Mark Your Calendars for Upcoming Events!

August 20 Spaghetti Supper

November 15 Senior Dance & Dinner

Senior Services

Information and Referral

Fitness Health Promotion

Senior Games

Transportation Medical/General

Caregiver Classes

Energy Assistance

Medicaid/Medicare 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

NEW CLASS OFFERING!

Cardio Drumming Class

Starts July 11

Cardio drumming takes a simple movement, drumming, and turns it into a full-body workout. Using an exercise ball, drumsticks, and the floor, cardio drumming turns keeping a rhythm into a workout you won't want to stop. The class will be led by instructor C.J. Whittle and will meet **every Thursday at 1:30**. Cost will be \$3.00 per session. The Senior Center will provide all equipment.



Digital Skill Classes w/ Tyler Cobb

All classes will take place at the Senior Center

July 2 nd	Tech Drop-In	10:00 am
July 11 th	Phone Basics Class Taking & Sharing Photos	10:00 am
July 16 th	Tech Drop-In	10:00 am
July 23 rd	Tech Drop-In	2:00 pm
July 25 th	Phone Basics Class Learning to Text	2:00 pm
July 30 th	Tech Drop-In	10:00 am



Sponsored by Caswell County Senior Citizens Center

DANCE

FITNESS MINISTRY

TOUR



DANCE YOUR WAY INTO FITNESS WITH CEE THETRAINER JAY

High Rock Community Center
Every Thursday
Starts July 11
11:00 AM

New Ephesus Missionary Baptist
Saturdays July 13 & 27
1:00 PM

Pelham Community Center
Every Wednesday
11: AM

Southern Caswell Ruritan Club
Mondays July 1 & 15 & 29
1:00 PM

For Seniors 55 and up!

- **Dance to burn calories and lose weight**
- **Workout to tone lose skin and build muscle**
- **In person & virtual personal workout sessions**
- **are available**

FREE Classes until the end of September

434 713 5493