

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 News

Valentine's Day Soiree

Please join us for a lively, evening of fellowship and fun! Friday Feb. 14 at 5:30pm. There will be a live band, a delicious steak dinner and enjoyable evening. It will be held at Baynes Baptist Church. The cost is \$15 singles and \$25 per couple. Please dress casual/formal, no jeans please.

(see enclosed flyer)

Notes from Jeannine

Heart Disease in the Workplace
since February is heart health month, I thought it was a good time to share some facts. Did you know that workplace heart disease is a real problem? Work is linked to 10-20% of cardiovascular disease! All of the following facts can create a workplace problem. Fifty-five or more hours a week, high job demand, low job security, work-family imbalance, low social support and many more. With all that being said we should all try to balance out our work life a best we can. There is never a time when your job should or does create cardiovascular disease. For more information go to [cdc.gov](https://www.cdc.gov)



February 2025 Black History Month

“Take the first step in faith. You don’t have to see the whole staircase, just take the first step.”

Staff Member!



**Greeting Caswell Family,
My name is Jan Oldenburg, the new
Administrative Assistant. I am also the primary
contact if you need medical transportation.
I have been so warmly welcomed over the last few
months and my hope is that I get a chance to meet
each one of you.**

**My educational background includes a Graduate
Certificate in Wellness & Gerontology from UNC-
Greensboro and I have spent over 25 years
working with adults in later life professionally.
My family and I live in Hillsborough with our two
dogs, Eve and Mary. I enjoy exercising at our own
fitness center at lunch, table tennis, hiking,
reading and writing. I look forward to exercising
and checking out the hiking trails with you all and
learning more about what we can accomplish
together.**

Blessings, Jan



**February is National Heart Month...Gratitude is good
medicine. A practice of regular gratitude can make
you healthier and lead to better mood, better sleep,
lower blood pressure and improved immune**

Caswell Senior Center
Happenings

Drop in “Table Tennis”
Table Tennis is an activity for everyone, if you have been wanting to try something new, table tennis is such a fun activity. The center will have the table available Mon-Fri every afternoon from 1pm-4pm for pick up play. All you need to do is show up and sign in.

Annual Stew Sale
SAVE THE DATE: March 8th the Caswell Senior will be hosting your annual Stew Sale. Cost: \$8/quart

Black History Month
“Life’s most persistent and urgent question is, what are you doing for others?”
Dr. Martin Luther King Jr.

Senior Services

Information and Referral
Fitness Health Promotion
Medical Transportation
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



the trips we have been looking at (there may be a few more). Keep in mind that we need at least 35 to make trips happen. If you are really interested in one call and let us know so that we can see what the numbers look like. We are currently still working on day trips (suggestions always welcome) and will have several months scheduled soon so that when you get our March newsletter you can "Save the Dates". Since Charleston is one right around the corner we need to know ASAP.

Springtime in Charleston \$499/person Deposit \$25 April 22-24

3 day/2 nightDinner at the Charleston Crab House, Dinner & Cruise on The Spirit of Carolina Tea, Tour and Trolley at the Charleston Tea Garden, Tour of Historic Charleston, Visit to City Market

Mount Rushmore & Black Hills of South Dakota \$2499/per person Deposit \$150

June 16-June 21 6 day/ 5 night Chuckwagon Dinner & Show, Tour with Expert Guide, Presentation by Native American, Rapid City Tour, See Mt. Rushmore, Enjoy Mt. Rushmore Lighting Ceremony, Visit Custer State Park, Crazy Horse Memorial, Bear Country drive-through wildlife park, Badlands National Park, See Deadwood, Stav Kirke Norwegian Chapel in the Hills, Famous Wall Drug Store and Café' and Unique Journey Museum

Iceland: Land of Fire & Ice \$3999/person Deposit \$250 September 28-October 5

8 day/ 6 night Traditional Viking Dinner, "Hunt" for the Northern Lights, Amphibian Boat Ride in the Glacier Lagoon, Afternoon of the Iconic Blue Lagoon, Inspiring Grand Golden Circle Tour, Lunch Experience at Frioheimar Farms, Tour Iceland's Capital, Reykjavik, A Snaefellsnes Peninsula Tour,

**Carnival Cruise Line – Sunshine \$1099/Inside Cabin \$1299/Outside Cabin \$1599/Balcony
Deposit \$150 December 7 – December 13.**

7 day/ 6 night Out of Norfolk, Visit Celebration Key-Nestled on the south side of Grand Bahama Island, Nassau-shopping, carriage rides or touring in glass bottom boats, Bimini-means you are in for a beautiful, uniquely chill time. A variety of activities to experience.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
|  | <p>Follow us on Facebook!</p> <p>"Caswell County Senior Center"</p> |  |  |  |
| <p>3</p> <p>10:00 Congregate Meets— Ground Hog Day: Early Spring or Longer Winter?</p> <p>10:00 T'ai Chi (in craft room)\$\$</p> <p>1-4 Drop in Table</p> | <p>4</p> <p>8:30 Fit-4-Life \$\$</p> <p>9:00 Choir</p> <p>10:00 Congregate Meets—Bingo</p> <p>10-12 Tech Drop In</p> <p>1-4 Drop in Table Tennis</p> | <p>5</p> <p>10:00 -Congregate Weather"man"Day/ How do they make predictions?</p> <p>1:15 Yoga w/Frank\$\$</p> <p>1-4 Drop in Table Tennis</p> | <p>6</p> <p>10:00 Congregate Meets: Sing-A-Long</p> <p>10-12 Tech Class "Finding Fun Apps On Your Phone"</p> <p>12:00pm Diabetes Class</p> <p>1-4Drop in Table Tennis</p> | <p>7</p> <p>8:30 Fit-4-Life\$\$</p> <p>9:30 Line Dance</p> <p>10:00 Congregate Meets-Travel to Library</p> <p>1-4 Drop in Table Tennis</p> <p>Wear "RED" Day</p> |
| <p>10</p> <p>Tax Service Begins- Appt. Only</p> <p>10:00 Congregate Meets-Crafts w/ Doris & Savannah</p> <p>10:00 T'ai Chi (in craft room)\$\$</p> <p>1-4 Drop in Table Tennis</p> | <p>11</p> <p>8:30 Fit-4-Life\$\$</p> <p>9:00 Choir</p> <p>10:00 Congregate Meets-Black Histor Speaks</p> <p>10-12 Tech Drop-in</p> <p>1-4 Drop in Table Tennis</p> | <p>12</p> <p>10:00 Congregate Meets-Let's Get Up & Move!</p> <p>11:00am Veteran's Service Officer</p> <p>1:15 Yoga w/Frank\$\$</p> <p>1-4 Drop in Table Tennis</p> | <p>13</p> <p>10:00 Congregate MeetsDevotional W/ Pastor Lee</p> <p>10:00 Tech Class "Finding Websites That Are Fun"</p> <p>12:00pm Diabetes Class</p> <p>1-4Drop in Table Tennis</p> | <p>14</p> <p>8:30 Fit-4-Life\$\$</p> <p>9:30 Line Dance</p> <p>10:00 Congregate Meets-Let's Celebrate Valentine's Day</p> <p>1-4 Drop in Table Tennis</p> |
| <p>17</p> <p>10:00 Congregate Meets-Random Acts of Kindness</p> <p>10:00 T'ai Chi (in craft room)\$\$</p> <p>1-4 Drop in Table Tennis</p> | <p>18</p> <p>8:30 Fit-4-Life\$\$</p> <p>9:00 Choir</p> <p>10:00 Congregate Meets-Cancer Prevention</p> <p>10-12 Tech Drop-in</p> <p>1-4 Drop in Table Tennis</p> | <p>19</p> <p>9:00 Veterans Breakfast</p> <p>9:00 Advisory Comm.</p> <p>10:00 Congregate Meets-Tell us how the Sr. Ctr. Helps your health</p> <p>1:15 Yoga w/Frank\$\$</p> <p>1-4 Drop in Table Tennis</p> | <p>20</p> <p>9:30 Paint w/Carol</p> <p>10:00 Congregate Meets-A visit from the Community Paramedic</p> <p>10:30am Blood Pressure</p> <p>10:00 Tech Class "Phone Basics Review"</p> <p>1-4 Drop in Table Tennis</p> | <p>21</p> <p>8:30 Fit-4-Life\$\$</p> <p>9:30 Line Dance</p> <p>10:00 Congregate Meets-Lets Dance-It's Good for the heart</p> <p>1:00 Movie & Popcorn</p> <p>1-4 Drop in Table Tennis</p> |
| <p>24</p> <p>10:00 Congregate Meets-Chair Exercise</p> <p>10:00 T'ai Chi (in craft room)\$\$</p> <p>1-4 Drop in Table</p> | <p>25</p> <p>8:30 Fit-4-Life \$\$</p> <p>9:00 Choir</p> <p>10:00 - Congregate Meets-Food Safety</p> <p>10:30 Blood Pressure Checks</p> | <p>26</p> <p>10:00 Congregate Meets-Black Women in History</p> <p>11:00am Veteran's Service Officer</p> | <p>27</p> <p>10:00 Congregate Meets-Heart Health</p> <p>10:00 Tech Class "Computers and Files"</p> | <p>28</p> <p>8:30 Fit-4-Life\$\$</p> <p>9:30 Line Dance</p> <p>10:00—Congregate Meets-Dishes Di</p> |

Veterans Breakfast and Conversation

Wednesday February 26 @ 9:00 am

Breakfast and Conversation is back every 4th Wednesday of each month and we are ready to start 2025 and having you all back. All Veterans are welcome, whether you are young or seasoned come on and join us. If you have topics or a speaker of interest please let Fred or Jeannine know.



Veterans Service Officer

Our Veterans' Service Officer, Wanda Jones, will be at the Center on February 12 & February 26 Appointments are first come, first serve beginning @ 11:00 am



Blood Pressure Checks

Benton Kay will join us to check blood pressures on Tuesday February 25 at 10:30am.



Paint Class with Carol

Carol Dodson will join us on Thursday February 20 for paint class at 9:30 am. Cost for the class is \$3.00. Registration Required. Seats are limited



Friday Films

Join us Friday February 21 at 1pm for a Friday Film featuring one of all our favorites, "Narnia" Popcorn and Cookies included.





JOIN US FOR A
VALENTINE'S DAY
SOIREE

February 14

AT 5:30 PM
Baynes Baptist Church
1757 Baynes Road
Burlington, NC 27217

Music and Dinner including a live band, delicious steak dinner and an enjoyable evening!

Cost \$15 singles

\$25 couples

Dress is Casual/Formal

No jeans please

CALL THE SENIOR CENTER
TO RSVP BY TUES. FEB. 11
TABLE RESERVATION FOR 6
CALL 336-694-7447

FEBRUARY 2025



ISSUE NO.2

THE CASWELL SENIOR
CENTER NEWSLETTER

Digital Skills Classes
w/ Tyler Cobb

All classes will take place at the Senior Center

Tues. Feb. 4 Tech Drop-In 10:00 am

Thurs. Feb. 6 Class #1 "Finding Fun Apps On Your Phone" @ 10:00 am

Tues. February 11 Tech Drop-In 10:00 am

Thurs. February 13 Class #2 "Finding Websites That Are Fun! @10:00 am

Tues. February 18 Tech Drop-in 10:00 am

Thurs. February 20 Class #3 "Phone Basics Review @ 10:00 am

Tues. February 25 Tech Drop-in 10:00am

Thurs. February 27 Class #4 "Computers and Files" @ 10:00am

Anytime Free One – On – One Appointments

Interested?

Quilting, Knitting and Crochet

**The Caswell County Senior Center has has an
interest in all of these activities.**

If you are interested in joining, please call

Jan at 336-694-7447

