

CRAVEN COUNTY SENIOR SERVICES

July 2025

Updates on our Renovations at 811 George street

If you are interested in the latest scoop on our renovations and where things stand, as well as seeing some pics of the transformation... stop by on Wednesday, July 30th at 10am for the SCOPE!

UPCOMING SPEAKERS AND EVENTS

Digital Skills Info. Sessions W/ECU
7/9 Smart Phone Basics 10am-12pm (See P.7)
7/16 Smart Phone Intermediate 10am-12pm

Digital Literacy w/ Cynthia Livingston
Monday, 7/14 9-11am (see P. 10)

Senior Scams: 10-11am 7/23
Webinar w/ Tatyana Thurston (see P. 9)

What to Know, How to Recognize Them and How to get Help

Reminders

7/4 Center is Closed
7/7 4-6:30pm memory Cafe
7/8 10am Advisory Council
7/10 Library Outreach 1030am w/ Kara(see P. 6)
7/11 Wet Flower Felting 1pm w/ Anna (see P. 8)
7/15 Movie Matinee day
7/28 930am Grief support



Center is Closed 7/4/25

Lunch Served Daily

12-12:30pm

Please register and sign up in advance of the day you plan to eat lunch. You can sign up a week or more in advance. See Staff for assistance if needed.



July is
national
Ice Cream
Month

SENIOR CENTER MENU July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Parm, Mixed Vegetables, Peaches, Rolls, 1 % Milk	2 Fish, Baked Beans, Slaw, Oranges, Cornbread, 1 % Milk	3 Cheeseburger Casserole, String Beans, Mixed Fruit, Rolls, 1 % Milk	4 Chicken Fried Steak, M. Potatoes, Collards, Pears, Rolls, 1 % Milk
7 Pepper Steak, M. Potatoes, Field Peas, Applesauce, WWB, 1 % Milk	8 Turkey, Yams, Green Peas, Peaches, Rolls, 1 % Milk	9 Beef Tips, Rice, Collards, Pineapples, Rolls, 1 % Milk	10 BBQ Pork, Baked Beans, Carrots, Apple Crisp, Rolls, 1 % Milk	11 Sloppy Joe, Corn, String Beans, Raisins, Rolls, 1 % Milk
14 Ham, Yams, Mixed Vegetables, Pineapples, Rolls, 1 % Milk	15 Roast Pork, Navy Beans, Collards, Peaches, Rolls, 1 % Milk	16 Spaghetti w/meatballs, Corn, Pears, Garlic Toast, 1 % Milk	17 Fried Chicken, Boiled Pot, String Beans, Jello w/Fruit, Rolls, 1 % Milk	18 Roast Beef, Mashed Potatoes, Turnips, Fig Newtons, Rolls, 1 % Milk
21 Smoked Sausage, Dry Lima, Cabbage, Pineapples, Roll, 1 % Milk	22 Beef Tips, Rice, Collards, Mixed Fruit, Roll, 1 % Milk	23 Pork Roast, Stewed Potatoes, String Beans, Applesauce, Biscuit, 1 % Milk	24 Chicken and Rice, Corn, Peaches, Roll, 1 % Milk	25 Stew Beef, June Peas, Jello w/mixed fruit, Roll, 1 % Milk
28 Hamburger Steak, Mashed Potatoes, June Peas, Pears, Rolls, 1 % Milk	29 Chicken Parm, Mixed Vegetables, Peaches, Rolls, 1 % Milk	30 Fish, Baked Beans, Slaw, Oranges, Cornbread, 1 % Milk	31 Cheeseburger Casserole, String Beans, Mixed Fruit, Rolls, 1 % Milk	

welcome!

Monday	Tuesday	Wednesday	Thursday	Friday
	1-Jul	2-Jul	3-Jul	4-Jul
	830-10 Coffee 9-noon Hand & Foot 9-930 Chair Dance 10-12 CRAFTS- working with air clay 12-12:30 Lunch 1-3 Oil Painting # 2:00-4:00 Open Pool Table	830-10 Coffee 9-noon Cards 945-1045 Summertime Trivia 1045-1145 BINGOCIZE** 12-12:30 Lunch 12:30-4:40 No SunShine Ctr 2:00-4:00 Open Pool Table	830-10 Coffee 9-noon Hand & Foot 930-1030 Chair Volleyball 945-1045 Wii Games 10-1030 Group walking 1030-1130 Pre-Holiday Fun 12-12:30 Lunch 2:00-4:00 Open Pool Table	CENTER CLOSED FOR HOLIDAY 
7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
830-10 Coffee 9-noon Cards 945-1045 Chair Ex-stretch 11-1145 BINGO 12-12:30 Lunch 1:30-2:30 Chair Yoga W/ Sefton* 4-8:30 Memory Café	830-10 Coffee 9-noon Hand & Foot 9-930 Chair Dance 10-12 CRAFTS- 2nd class working w/ air clay 10-11 Advisory Council mtg 12-12:30 Lunch 1-3 Oil Painting # 2:00-4:00 Open Pool Table	830-10 Coffee 9-noon Cards 10-12 ECU-SMART PHONE BASICS-Class 1045-1145 BINGOCIZE** 12-12:30 Lunch 12:30-4:40 SunShine Center 2:00-4:00 Open Pool Table	830-10 Coffee 9-noon Hand & Foot 930-1030 Chair Volleyball 945-1045 Wii Games 1030-1130 Library OUTREACH w/ Kara Rock painting Activities 10-1030 Group walking 11-1145 Karaoke/Music 12-12:30 Lunch	830-10 Coffee 9-noon Cards 945-1045 Chair Ex-Strength 945-1045 BINGOCIZE** 11-1145 BINGO 12-12:30 Lunch 1-3 Oil Painting # 1-4 class - Wet Flower Felting 2:00-4:00 Open Pool Table
14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
830-10 Coffee 9-noon Cards 9-11 Digital literacy w/ Cy 945-1045 Chair Ex-stretch 11-1145 BINGO 12-12:30 Lunch 1:30-2:30 Chair Yoga W/ Sefton*	830-10 Coffee 9-noon Hand & Foot 9-930 Chair Dance 10-12 Movie Matinee Day Godzilla X Kong 12-12:30 Lunch 2:00-4:00 Open Pool Table	830-10 Coffee 9-noon Cards 10-12 ECU-SMART PHONE INTERMEDIATE- Class 945-1045 Health Dept. Monthly Health Topic/Bingo 1045-1145 BINGOCIZE** 12:30-4:40 SunShine Center	830-10 Coffee 9-noon Hand & Foot 930-1030 Chair Volleyball 945-1045 Wii Games 10-1030 Group Walk 11-1145 Karaoke/Music 12-12:30 Lunch	830-10 Coffee 9-noon Cards 945-1045 BINGOCIZE** 11-1145 BINGO 12-12:30 Lunch 1-3 Oil Painting # 2:00-4:00 Open Pool Table
21-Jul	22-Jul	23-Jul	24-Jul	25-Jul
830-10 Coffee 9-noon Cards 945-1045 Chair Ex-stretch 11-1145 BINGO 12-12:30 Lunch 1:30-2:30 Chair Yoga W/ Sefton*	830-10 Coffee 9-noon Hand & Foot 9-930 Chair Dance 10-12 Crafts-Painting Northern Lights on canvas 12-12:30 Lunch 1-3 Oil Painting #	830-10 Coffee 9-noon Cards 10-11 Senior specific scams Webinar- on use of AI and Fraud that Looks real 1045-1145 BINGOCIZE** 12-12:30 Lunch 12:30-4:40 Sunshine Center	830-10 Coffee 9-noon Hand & Foot 930-1030 Chair Volleyball 945-1045 Wii Games 10-1030 Group walking 11-1145 Karaoke/Music 12-12:30 Lunch 2:00-4:00 Open Pool Table	830-10 Coffee 9-noon Cards 945-1045 BINGOCIZE** 11-1145 BINGO 12-12:30 Lunch 1-3 Oil Painting # 2:00-4:00 Open Pool Table
28-Jul	29-Jul	30-Jul	31-Jul	JULY IS:
830-10 Coffee 9-noon Cards 930-1030 Grief Support 11-1145 BINGO 12-12:30 Lunch 1:30-2:30 Chair Yoga W/ Sefton*	830-10 Coffee 9-noon Hand & Foot 9-930 Chair Dance 10-12 Crafts- light up bottle Art 12-12:30 Lunch 1-3 Oil Painting #	830-10 Coffee 9-noon Cards 945-1045 Update on 811 George Street renovations 1045-1145 BINGOCIZE** 12-12:30 Lunch 12:30-4:40 Sunshine Center	830-10 Coffee 9-noon Hand & Foot 930-1030 Chair Volleyball 945-1045 Wii Games 10-1030 Group walking 11-1145 Karaoke 12-12:30 Lunch	Sarcoma Awareness Mth UV Safety Month National Hemp Month Fragile X Awareness National Grilling Month Anti Boredom Month

Puzzles and Independent Board Games can be played at any time. Ask staff for access

* Fee Applies (\$3.50 per class or 10 for \$30)

no instructor/must provide own supplies

** Sign up in advance -must attend 80% of 6wks sessions.

JOIN US

Craven County Senior Center
811 George St.

New Bern, NC 28562

252-638-1790
ccseniorservices.

weebly.com



The Sunshine Center, Adult respite care,

The Sunshine Center is designed to provide temporary relief to care givers who are caring for their loved ones with Alzheimer's disease and related conditions.

An afternoon out for you, the caregiver. Current hours are Wednesdays 12:30-4:30pm. If you are interested in receiving more information contact us at 252-638-1790. An appointment will be scheduled to review program requirements.

Heat stress can result in **heat-related illnesses**, such as heat stroke, heat exhaustion, rhabdomyolysis, heat cramps, and heat rashes.

Heat can also cause **physical injuries** such as:

- incidents from sweaty palms or slipping on a sweat puddle on the floor
- visual impairment from fogged up safety glasses may be a concern
- touching hot equipment could result in burns
- dizziness and fatigue may cause neglect resulting in injuries
- PPE loosened or removed due to heat may lead to additional exposures



The **heat index**, also known as the **apparent temperature**, is a measure of how hot it feels to the human body when both air temperature and relative humidity are taken into account.

Here's why humidity plays a big role in how hot it feels:

Your body naturally cools itself through sweating, as the evaporation of sweat helps to dissipate heat.

However, when relative humidity is high, the rate of sweat evaporation decreases, making this cooling process less efficient.

As a result, your body feels hotter than the actual air temperature because it's less able to cool itself down effectively.

How to determine the heat index:

You can use a heat index chart provided by the National Weather Service (NWS) or check a calculator online. For example, the NWS states that if the air temperature is 96°F and the relative humidity is 65%, the heat index is 121°F. This means it would feel like 121°F to a person in those conditions.

Heat Exhaustion		Heat Stroke	
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p><i>Heat exhaustion can lead to heat stroke.</i></p>		<p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>			

We Appreciate our Volunteers

MOW (Meals on Wheels)

Volunteer back up drivers needed to assist with all routes to fill in for Summer vacations and route fill ins. If you already deliver and can do more or know of someone...Pass the Word! See Agatha at the front desk or call 252-638-1790 and speak with Michelle.





THOUGHTS ON PUBLIC TRANSIT?

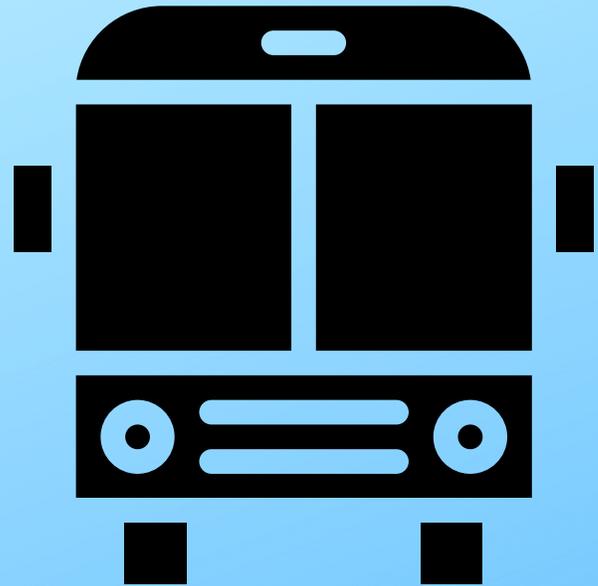


SCAN TO TAKE THE SURVEY

CARTS is considering making changes to its fixed route service to improve rider experience and build a more reliable, connected, and accessible transit network.



To Learn More Search **CARTS** on www.cravencountync.gov



MICROTRANSIT

Pilot System



WHAT IS IT?

- On-demand public transportation
- Conveniently operates within the New Bern Area
- Flexible hours that fit your needs
- Reservations not required
- Quick pickup times
- Accessible for everyone

HOW TO USE?



Request a ride on the app or call the dispatch team



Wait for your vehicle to arrive



Board your vehicle and it will drop you off at or near your location



SCAN TO COMPLETE THE SURVEY

For More Information Search **CARTS** on www.cravencountync.gov



Your input is needed, Take this quick survey

ART ROCKS! WITH THE CRAVEN-PAMLICO REGIONAL LIBRARY

COME AND
EXPRESS YOUR
CREATIVITY

ROCK PAINTING

AT THE CRAVEN
SENIOR CENTER

WITH ACRYLIC PAINT MARKERS

THURSDAY
JULY 10

10:30 A.M.-11:30 A.M.



QUESTIONS?
CALL 252-638-7804

WWW.MYCPRL.ORG
#CPRLCONNECTS

There is still room to sign up

Digital Skills Information Sessions

Craven County Senior Center

408 Hancock Street

New Bern, NC 28560

Please join us for any of the following sessions to learn more about smartphones:

Smartphone Basics

July 9th 10:00 AM - 12:00 PM

Smartphone Intermediate

July 16th 10:00 AM - 12:00 PM

**FOR ADDITIONAL INFORMATION
AND TO SIGN UP PLEASE CALL (252)-638-1790**



Improving access to digital technology and literacy.

Each participant that completes the pre-test and post-test will be entered in a drawing to win an iPad



This is a research study by East Carolina University's College of Health and Human Performance

Craven County Senior Center

811 George St.

New Bern, NC 28562

252-638-1790

ccseniorservices.

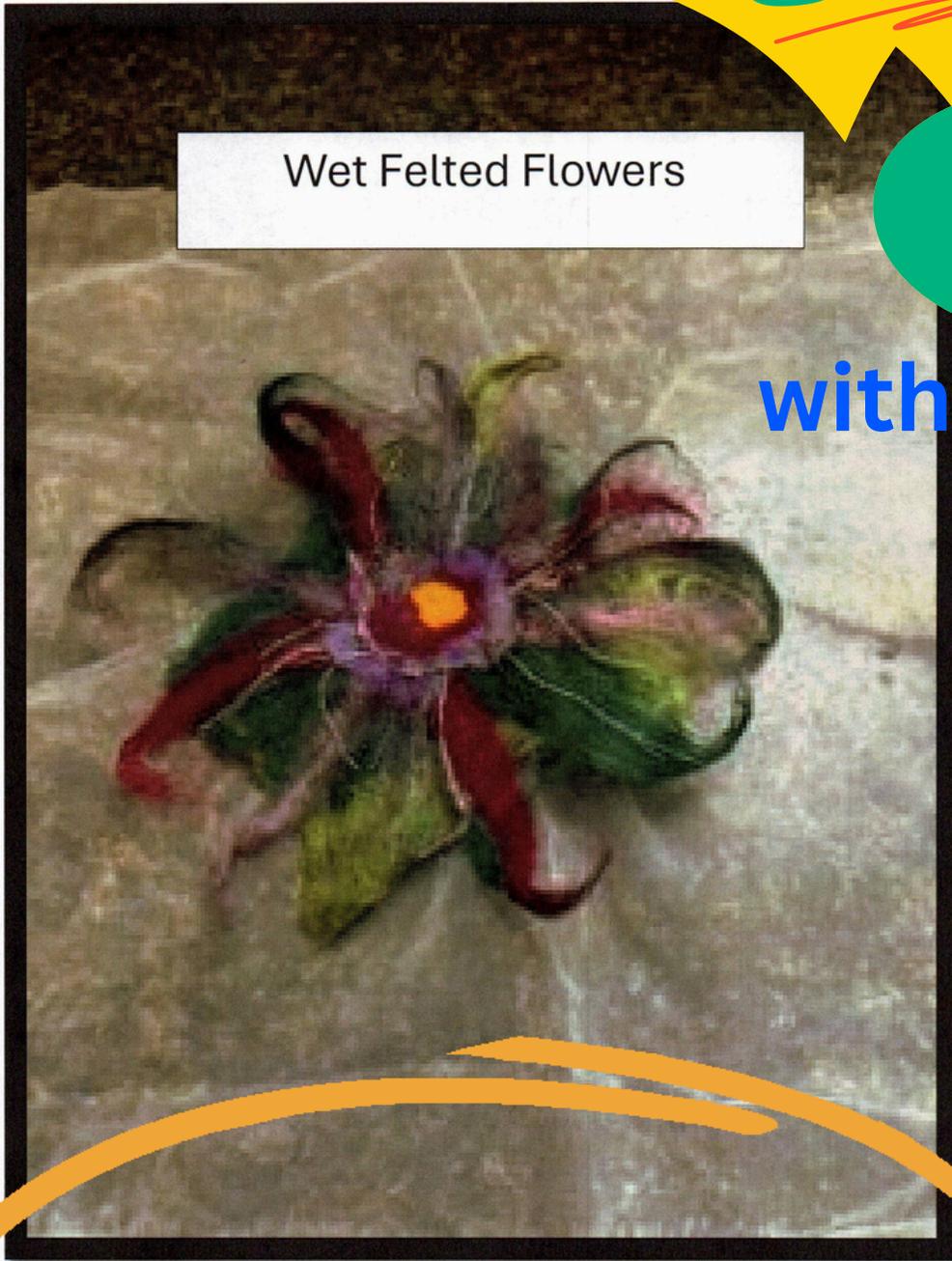
weebly.com

SIGN

UP

with Teresa

Wet Felted Flowers



Our next event will be wet felting flowers. It will also be held at the Craven County (New Bern) Senior Center on July 11th at 1PM. We held a class last year in Oct. We plan on making even better and more beautiful flowers. Cost to Newcomers and AGN members will be \$6 which includes wool roving. Bring a towel and contact us about reservations and questions.

**No Cost to Our seniors for this
Class**

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New Bern, NC 28562

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weebly.com



CENTRALINA
Area Agency on Aging

Senior Scams: What to Know, How to Recognize Them and How to Get Help

10:00 a.m. - 11:00 a.m., Wednesday, July 23rd



Tatyana Thurston
Founder of Dexit

Scams targeting older adults are on the rise—and with artificial intelligence making fraudsters more convincing than ever, it's more important than ever to stay informed and alert. Join us for our July webinar to explore the growing landscape of scams affecting older

KNOWLEDGE is the KEY

Digital Literacy is important for us all

Cynthia Livingston -ECC's local Digital Navigator for Seniors will be holding in person sessions at the Sr. Center on Monday, June 16th and Monday, July 14th from 9am to 11am.

What can she help you with?

- Getting on the Do Not call List-cut down receiving SPAM calls
- Setting up a digital wallet, being disaster prepared with important papers
- SCAM phone calls what is legit or FAKE

~~8-30-25~~ DEADLINE TO RECEIVE PAPER \$\$ CHECKS

Any questions you may have...here is your opportunity to ask. Cynthia is here to help.



Still Receiving Paper SS Checks Monthly

WHAT YOU NEED TO KNOW BEFORE THE 9/30/25 DEADLINE AND TRANSFER TO DIRECT DEPOSIT SEE CYNTHIA ON 7/14 WITH ANY QUESTIONS

Already receiving benefits

If you already receive Social Security or SSI benefits and you have a bank account, you can sign up for Direct Deposit by:

- [starting or changing Direct Deposit online](#) (Social Security benefits only), or
- contacting your bank, credit union or savings and loan association, or
- visiting your local Social Security Field Office.

You can also sign up for the Direct Express® debit card. The Direct Express® card is a debit card you can use to access your benefits and you don't need a bank account.

With the Direct Express® card program, your federal benefit payment directly deposits into your card account. Your monthly benefits will be available on your payment day—on time, every time. You can use the card to make purchases, pay bills or get cash at thousands of locations.

It's quick and easy to sign up for the card. Call the toll-free Direct Express® hotline at 1-800-333-1795. Also, Social Security can help you sign up.

If you receive a paper check, you may visit Treasury's webpage - [Go Direct® - Home](#) to enroll in direct deposit.

If you don't have a bank account, you must open an account before you can sign up for Direct Deposit. (You don't need a bank account when you sign up for the Direct Express® card.) You should shop around in your area to find an account that has the features you want at a price you can afford. When you decide on the account that is right for you, let the representative at the financial institution know that you are interested in signing up to receive your benefits by Direct Deposit.

Not currently receiving benefits

If you don't get Social Security or SSI benefits yet but are planning to apply, tell the Social Security representative when you apply for benefits that you want to sign up for Direct Deposit. If you already have an account, have your checkbook or a copy of your bank statement with you.