

# CRAVEN COUNTY SENIOR SERVICES

September 2025

We are back at 811  
George Street and  
open for services  
on 9/2/25  
Hope to see you!

THE FOLLOWING CLASSES/TRAININGS  
ARE SCHEDULED FOR SEPTEMBER. ALL  
ARE HELD AT THE SENIOR CENTER AND  
ARE FREE OF CHARGE.  
PLEASE SIGN UP IN ADVANCE.

## UPCOMING EVENTS



The Center will be closed Monday,  
Sept. 1st for the holiday

## JUST A REMINDER

9/10 10am discussion on "Ageism"  
and Fall Prevention

9/11 1030 am Kara- Library  
outreach activity see P.5

9/16 10-12 Matinee Movie Day

9/17 10am Srgt. Fisher  
"Care Program" see P. 9

9/22 9:30am Grief Support

9/24 10am Janzen w/ Health dept.

9/29-10/2 Fall Craft Sale/  
Fundraiser 10am-2pm See P.11

YOU ARE INVITED TO

# CRAVEN COUNTY SENIOR SERVICES' GRAND RE- OPENING

Monday | September 29, 2025 | At 10:00 am  
811 George St, New Bern, NC 28560

There will be a plaque ceremony,  
presentations, performances, and  
more

Tours will be available throughout  
the day

PLEASE RSVP TO  
252-638-1790

A decorative background for the Grand Re-opening announcement. It features a dark blue background with a pattern of white and yellow stars. There are several balloons in shades of blue, yellow, and white, some with confetti inside. The text is in white and yellow.

**Stop by our craft sale on 9/29 during our Open House**

September 2025

- Page 1

Craven County Senior Center  
811 George St.  
New Bern, NC 28562

252-638-1790  
ccseniorservices.  
weebly.com

# 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.

### SENIOR CENTER MENU September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HOLIDAY Pepper Steak, M. Potatoes, Field Peas, Applesauce, WWB, 1 % Milk	2 Turkey, Yams, Green Peas, Peaches, Rolls, 1 % Milk	3 Beef Tips, Rice, Collards, Pineapples, Rolls, 1 % Milk	4 BBQ Pork, Baked Beans, Carrots, Apple Crisp, Rolls, 1 % Milk	5 Sloppy Joe, Corn, String Beans, Raisins, Rolls, 1 % Milk
8 Ham, Yams, Mixed Vegetables, Pineapples, Rolls, 1 % Milk	9 Roast Pork, Navy Beans, Collards, Peaches, Rolls, 1 % Milk	10 Spaghetti w/meatballs, Corn, Pears, Garlic Toast, 1 % Milk	11 Fried Chicken, Boiled Pot, String Beans, Jello w/Fruit, Rolls, 1 % Milk	12 Roast Beef, Mashed Potatoes, Turnips, Fig Newtons, Rolls, 1 % Milk
15 Smoked Sausage, Dry Lima, Cabbage, Pineapples, Roll, 1 % Milk	16 Beef Tips, Rice, Collards, Mixed Fruit, Roll, 1 % Milk	17 Pork Roast, Stewed Potatoes, String Beans, Applesauce, Biscuit, 1 % Milk	18 Chicken and Rice, Corn, Peaches, Roll, 1 % Milk	19 Stew Beef, June Peas, Jello w/mixed fruit, Roll, 1 % Milk
22 Hamburger Steak, Mashed Potatoes, June Peas, Pears, Rolls, 1 % Milk	23 Chicken Parm, Mixed Vegetables, Peaches, Rolls, 1 % Milk	24 Fish, Baked Beans, Slaw, Oranges, Cornbread, 1 % Milk	25 Cheeseburger Casserole, String Beans, Mixed Fruit, Rolls, 1 % Milk	26 Chicken Fried Steak, M. Potatoes, Collards, Pears, Rolls, 1 % Milk
29 Pepper Steak, M. Potatoes, Field Peas, Applesauce, WWB, 1 % Milk	30 Turkey, Yams, Green Peas, Peaches, Rolls, 1 % Milk			

# Welcome

# ACTIVITIES

Craven County Senior Services  
252-638-1790

## September 2025

ccseniorservices.weebly.com

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1-Sep</b> <b>CENTER is CLOSED</b> 	<b>2-Sep</b> 8-10 Coffee 9-noon Hand & Foot <b>10-12 Crafts: Painting</b> <b>Rocks for Memorial Garden</b> 12-12:30 Lunch <b>1-3 Oil Painting#</b> 2-4 Open Pool Table	<b>3-Sep</b> 8-10 Coffee 9-noon Cards <b>10-11 Kick off of September Walking Challenge</b> 12-12:30 Lunch <b>10:45-11:45 Chair Ex.-Core</b> <b>12:30-4:30 SunShine Center</b>	<b>4-Sep</b> 8-10 Coffee 9-noon Hand & Foot <b>945-1045 Wii Games</b> <b>930-1045 Chair Volleyball</b> 10-1030 Group Walking* <b>11-1145 Karaoke/music</b> 12-1230 Lunch	<b>5-Sep</b> 8-10 Coffee 9-noon Cards <b>9:45-10:45 Chair Ex.-Strength</b> <b>11-1145 BINGO</b> 12-12:30 Lunch 1:00-3:00 Oil Painting <b>1-3 Oil Painting#</b>
<b>8-Sep</b> 8-10 Coffee 9-noon Cards <b>945-1045 Chair Ex-stretch</b> <b>11-1145 BINGO</b> 12-12:30 Lunch <b>1:30-2:30 Chair Yoga w/ Sefton**</b> <b>4-630 MEMORY CAFE</b>	<b>9-Sep</b> 8-10 Coffee 9-noon Hand & Foot <b>10-12 Crafts: Pinecone Centerpiece</b> 12-12:30 Lunch <b>1-3 Oil Painting#</b> 2-4 Open Pool Table	<b>10-Sep</b> 8-10 Coffee 9-noon Cards <b>10-11 "Flip the Script" Sr. Center Month- Help fight "Ageism" / Fall Prevention</b> <b>10:45-11:45 Chair Ex.-Core</b> 12-12:30 Lunch <b>12:30-4:30 SunShine Center</b>	<b>11-Sep</b> 8-10 Coffee 9-noon Hand & Foot <b>945-1045 Wii Games</b> <b>930-1045 Chair Volleyball</b> 10-1030 Group Walking* <b>1030-1130 FALL CARD W/ LIBRARY-kara</b> <b>11-1145 Karaoke/music</b> 12-1230 Lunch	<b>12-Sep</b> 8-10 Coffee 9-noon Cards <b>9:45-10:45 Chair Ex.-Strength</b> <b>11-1145 BINGO</b> 12-12:30 Lunch <b>1-3 Oil Painting#</b> 2-4 Open Pool Table
<b>15-Sep</b> 8-10 Coffee 9-noon Cards <b>945-1045 Chair Ex-stretch</b> <b>11-1145 BINGO</b> 12-12:30 Lunch <b>1:30-2:30 Chair Yoga w/ Sefton**</b>	<b>16-Sep</b> 8-10 Coffee 9-noon Hand & Foot <b>10-11 Advisory Council Mtg.</b> <b>10-12 Movie Matinee Day</b> 12-12:30 Lunch <b>1-3 Oil Painting#</b> 2-4 Open Pool Table	<b>17-Sep</b> 8-10 Coffee 9-noon Cards <b>10-11 Sgt. Fisher-NBPD CARE Program</b> <b>10:45-11:45 Chair Ex.-Core</b> 12-12:30 Lunch <b>12:30-4:30 SunShine Center</b>	<b>18-Sep</b> 8-10 Coffee 9-noon Hand & Foot <b>945-1045 Wii Games</b> <b>930-1045 Chair Volleyball</b> 10-1030 Group Walking* <b>11-1145 Karaoke/music</b> 12-12:30 Lunch 2-4 Open Pool Table	<b>19-Sep</b> 8-10 Coffee 9-noon Cards <b>9:45-10:45 Chair Ex.-Strength</b> <b>11-1145 BINGO</b> 12-12:30 Lunch 1-3 Oil Painting <b>1-3 Oil Painting#</b> 2-4 Open Pool Table
<b>22-Sep</b> 8-10 Coffee 9-noon Cards <b>9:30-10:30 GRIEF SUPPORT</b> <b>945-1045 Chair Ex-stretch</b> <b>11-1145 BINGO</b> 12-12:30 Lunch <b>1:30-2:30 Chair Yoga w/ Sefton**</b>	<b>23-Sep</b> 8-10 Coffee 9-noon Hand & Foot <b>10-12 Crafts: Painting Painted Tote Bags</b> 12-12:30 Lunch <b>1-3 Oil Painting#</b> 2-4 Open Pool Table	<b>24-Sep</b> 8-10 Coffee 9-noon Cards <b>10-11 Janzen-Health Dept Monthly Health talk</b> <b>10:45-11:45 Chair Ex.-Core</b> 12-12:30 Lunch <b>12:30-4:30 SunShine Center</b>	<b>25-Sep</b> 8-10 Coffee 9-noon Hand & Foot <b>945-1045 Wii Games</b> <b>930-1045 Chair Volleyball</b> 10-1030 Group Walking* <b>11-1145 Karaoke/music</b> 12-12:30 Lunch 2-4 Open Pool Table	<b>26-Sep</b> 8-10 Coffee 9-noon Cards <b>9:45-10:45 Chair Ex.-Strength</b> <b>11-1145 BINGO</b> 12-12:30 Lunch <b>1-3 Oil Painting#</b> 2-4 Open Pool Table
<b>29-Sep</b> 8-10 Coffee <b>10-5 GRAND REOPENING CEREMONY AND OPEN HOUSE</b> <b>10-2pm Fall Craft Bazaar</b> 12-12:30 Lunch	<b>30-Sep</b> 8-10 Coffee 9-noon Hand & Foot <b>10-12 Painting with Acrylics</b> <b>10-2pm Fall Craft Bazaar</b> 12-12:30 Lunch <b>1-3 Oil Painting#</b>	<b>September is:</b> <b>9/22 Autumn begins</b> <b>National Senior center Month-"Flip the Script"</b> Fall Prevention Week 9/22-26 National Preparedness Month National Chicken Month		Prostrate Cancer Awareness National Fruits & Veggies National Suicide Prevention Grandparents Day Sept. 7th National A-Fib Awareness National Yoga Month

We have moved back to 811 George Street. Services will resume there on 9/2/25.

# no instructor/must provide own supplies

\* Weather Permitting Outdoor Activity

\*\* Fee Applies- \$3.50 per class or punch card/10 for \$30

\*\*\*This class is for 10 weeks/20 sessions last day of class will be 8/23

## **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. Spots are currently available. An appointment can be scheduled to review program requirements.

Our next Memory Cafe will be  
Monday, 9/8 from 430-630pm

*We  
Appreciate  
our  
Volunteers*

## **MOW (Meals on Wheels)**

Volunteer drivers needed to assist with New Bern routes. 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 ask for Michelle. At this time only substitute drivers are needed to cover any scheduled vacations or call offs. Thank you in Advance!



# FALL IS COMING

to the Craven Senior Center

Join the Craven-Pamlico

Regional Library to make:

## Fall Foliage Stamped Greeting Cards

Choose your fall foliage, paint color, and witty fall greeting!

10:30-11:30 a.m.  
Thursday, September 11

QUESTIONS?  
CONTACT OUTREACH AT  
252-638-7804



ALL SUPPLIES  
INCLUDED

# September is Fall Prevention Month

## Be Mindful of your Mobility

It takes a **TEAM** to prevent falls & save lives.

[StandingStrongNC.org](http://StandingStrongNC.org)



**Talk**

to a healthcare provider, a pharmacist, family and friends.



**Exercise**

to improve your balance and strength.



**Act**

to get your eyes, ears and feet checked annually.



**Make**

your home safer.

**Let's TEAM up & follow these simple steps to prevent falls:**

**Standing Strong**  
North Carolina   
Prevent Falls – Save Lives

### Talk about falls and your fall risk

- Ask a healthcare provider for a fall risk screening
- Ask a pharmacist to review your medications
- Ask your friends and family for support to stay healthy and independent

### Exercise to improve your strength & balance

- Find a local exercise program on our website

### Act to get your eyes, ears & feet checked annually

- Schedule annual check-ups with a healthcare provider

### Make your home safer

- Complete the Home Safety Checklist that can be found on our website

**YOU have the power to lower your risk of falling!**

LEARN MORE  
**StandingStrongNC.org**



Scan the QR code to visit our website

Find tips on talking to healthcare providers, local exercise programs, a detailed home safety checklist, and more on our website!



Join Team Sr. Center for a very worthy cause...See info. below to register and be a part of our team "Ray's of Sunshine"

# ALZHEIMER'S ISN'T STOPPING. NEITHER ARE WE.

*Sign Up Now*

## Walk to End Alzheimer's® - New Bern

Saturday, October 18, 2025

Union Point Park

JOIN MY TEAM AND THE FIGHT AGAINST ALZHEIMER'S.

Craven County Ray's of Sunshine  
Alissa Andrewsbrown  
252-638-1790



[alz.org/walk](http://alz.org/walk)



Craven  
County Ray's  
of Sunshine  
Andrewsbrown  
252-638-1790



Craven  
County Ray's  
of Sunshine  
Andrewsbrown  
252-638-1790



Craven  
County Ray's  
of Sunshine  
Andrewsbrown  
252-638-1790



Craven  
County Ray's  
of Sunshine  
Andrewsbrown  
252-638-1790



Craven  
County Ray's  
of Sunshine  
Andrewsbrown  
252-638-1790



Craven  
County Ray's  
of Sunshine  
Andrewsbrown  
252-638-1790

# September

## National Senior Center Month Powering Possibilities: Flip the Script

On 9/2 we will begin our **September** in September walking event, join us. Our goal by Open House on 9/29/25 is to reach **500,000 steps collectively**. See **Teresa or Shelly** for details.



©Connie Spritzen



©Christine Hamacher



©Dotty Danforth



©Kevin Rose Schultz



©David Cohen



©Michaela Lynch

*Discover your possibilities*

## Matinee Movie Day

Tuesday, September 16th we are having our monthly movie showing from 10-12pm. in the auditorium. Movie to be announced. Popcorn/snack will be provided.



# SENIOR CENTER PROGRAMMING IN THE COMMUNITY

If you are age 60 or older AND live in the following communities, we want to hear from you!

- Vanceboro
- Harlowe
- Cove City
- Riverbend

We are looking at the possibility of offering some of our programs in these communities. If you would be interested in attending, please let us know!

## Some Possible Programs:

- Craft Classes
- Exercise Classes
- Class for Caregivers

252-638-1790



Craven County  
Senior Services



NEW BERN POLICE DEPARTMENT

## C.A.R.E. PROGRAM

- ✓ Call
- ✓ Answer
- ✓ Respond
- ✓ Empower

The police department's CARE program is designed to support elderly citizens who may not have the ability to respond in a crisis. This program provides regular check-ins and emergency response (if necessary) by the police department to ensure the safety and well-being of participants. CARE is a free program for residents in the city limits of New Bern.

Need more info or want to enroll? Contact us:



Phone Number:  
(252)672-4135



Website:  
[www.NewBernNC.gov](http://www.NewBernNC.gov)



Applications available at the Senior Center

# NEUSE RIVER SENIOR GAMES PRESENTS:

## 2025 FALL PICKLEBALL TOURNAMENT

Tuesday, Nov. 18  
Mixed Doubles  
Wednesday, Nov. 19  
Doubles

**\$15**  
Per Person

Creekside Park  
1821 Old Airport Rd.  
New Bern, NC 28562

- Open to ALL counties
- Age Divisions:
  - 50-64, 65-74, & 75+
- Double Elimination Tournament
- Awards for winner in each category

For Registration Information, call (252) 636-6606 or  
visit [cravencounty.recdesk.com](http://cravencounty.recdesk.com)

PLEASE JOIN US FOR OUR



**CRAFT SALE-FUNDRAISER**  
**SEPTEMBER 29TH-OCTOBER 2ND**

**10AM-2PM**



**STOP BY DURING OUR OPEN HOUSE ON**  
**9/29/25**

AUDITORIUM AT- SR. CENTER, 811 GEORGE ST