

CRAVEN COUNTY SENIOR SERVICES

October 2025



Voting will take place at 811 George Street/Auditorium on Tuesday 10/7 /25. The Auditorium will be closed to all activities for the day. Please refer to the October schedule on P. 3

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

UPCOMING EVENTS

I am sure you have heard the BUZZ about AI -Artificial Intelligence. Cynthia Livingston-our Digital Navigator for Seniors will be here on Wednesday, 10/1/25 at 9:30am to talk about AI, the pros and cons, how it can affect you and examples of what and how it works exactly. (see P.6)

10/8 Traveling as a Senior Tips, Special Needs, It can be done-With Michelle Henderson See P. 12 Don't Forget to sign up with Team Rays of Sunshine to walk with us on Saturday, 10/18/25 in support of finding a cure for Alzheimer's. Registration is 0am at Union Pt. park, walk begins at 10am. (see P. 7)

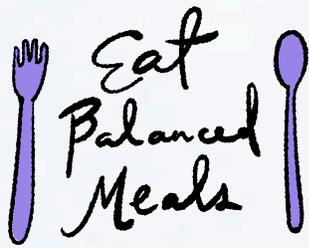
JUST A REMINDER DATES TO REMEMBER

- 10/1 9:30am Cynthia Livingston- AI pros/Cons Digital Well Being
- 10/1-2 Fall Craft Sale 10am-2pm
- 10/6 Memory Cafe 4:30-6:30pm
- 10/7 Local Voting -Auditorium Closed (all Day)
- 10/8 10am Michelle Henderson- Traveling as a Senior, Tips
- 10/9 1030 am Kara- Library outreach activity see P.5
- 10/14 19am Advisory Council mtg
- 10/15 10am Sgt. Fisher "Care Program" see P. 12
- 10/15 RGEA Outreach Mtg.
- 9/24 10am Janzen w/ Health dept.
- 10/27 9:30am Grief Support
- 10/28 10-12 Matinee Movie Day
- 10/29 Fall Costume Party



Happy Halloween

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 October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sm. Sausage, Dry Limas, Cabbage, Mixed Fruit, Roll, 2% Milk	2 R. Beef, N Beans, Turnips, Orange, Roll, 2% Milk	3 Fried Chicken, Boiled.Pot. String Beans, Pears, Roll, 2% Milk
6 Pork Roast, Stewed Potatoes, St Beans, Peaches, Roll, 2% Milk	7 Spaghetti w/ Meatballs, Mixed Veggies, Applesauce, Roll, 2% Milk	8 Baked Chicken w/ gravy, Boiled Pots, Collards, Mixed Fruit, Biscuit, 2% Milk	9 Fish Patty, Baked Beans, Slaw, Cornbread, Orange, 2% Milk	10 Sloppy Joe, Corn, String Beans, Raisins, Roll, 2% Milk
13 Hamburger Steak w/ gravy, Mashed Pots, Turnips, Pears, Roll, 2% Milk	14 Chili w/ Kidney Beans, Corn, Applesauce, Saltines, 2% Milk	15 Roast Pork w/ gravy, Navy Beans, Carrots, Jello w/mixed fruit, Biscuit, 2% Milk	16 Chicken Parm, Winter Blend, Peaches, Roll, 2% Milk	17 Beef Tips, Rice, Collards, Pineapples, Cornbread, 2% Milk
20 Chicken w/Rice, Corn, Sliced Apples, Roll, 2% Milk	21 Turkey w/ gravy, Mashed Pots, Green Peas, Peaches, Rolls, 2% Milk	23 Chicken-fried Steak, N. Beans, Carrots, Pears, Rolls, 2% Milk	24 Pork Roast w/ gravy, Yams, Mustard Greens, Mixed Fruit, Rolls, 2% Milk	24 Stew Beef w/ Pots and Veggies, June Peas, Raisins, Roll, 2% Milk
27 Ham, Yams, Green Peas, Pineapples, Roll, 2% Milk	28 Pepper Steak, M. Pot, Field Peas, Applesauce, Whole Wht. Bread, 2% Milk	29 Sm. Sausage, Dry Limas, Cabbage, Mixed Fruit, Roll, 2% Milk	30 R. Beef, N Beans, Turnips, Orange, Roll, 2% Milk	31 Fried Chicken, Boiled.Pot. String Beans, Pears, Roll, 2% Milk

Welcome

ACTIVITIES

Craven County Senior Services
252-638-1790

October 2025

cravencountync.gov/senior services

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October is known for: Breast Cancer Awareness Learning and Development Domestic Violence Awareness Health Literacy Depression/Mental Health Screening National Family History</p>		<p>1-Oct</p> <p>8-10 Coffee 9-noon Cards 10-11 Al- The Good and the scarey parts-Cynthia Livingston 11-11:45 CORE seated Exercise 12-12:30 Lunch 12:30-4:30 SunShine Center 10-2 Fall Craft Sale</p>	<p>2-Oct</p> <p>8-10 Coffee 9-noon Hand & Foot 945-1045 Wii Games 930-1045 Chair Volleyball 10-1030 Group Walking* 11-12 Karaoke 12-12:30 Lunch 10-2 Fall Craft Sale</p>	<p>3-Oct</p> <p>8-10 Coffee 9-noon Cards 945-1045 Chair Ex-Strength 11-1145 BINGO 12-12:30 Lunch 1:00-3:00 Oil Painting 1-4 Open Pool Table</p>
<p>6-Oct</p> <p>8-10 Coffee 9-noon Cards 945-1045 Chair Ex-stretch 11-1145 BINGO 12-12:30 Lunch 1:30-2:30 Chair Yoga w/ Sefton* 4-6:30 Memory Café</p>	<p>7-Oct</p> <p>8-10 Coffee 9-noon Hand & Foot LOCAL VOTING NO ACTIVITIES IN AUDITORIUM 10-12 CRAFTS-Cloth Pumpkins 12-12:30 Lunch 1-3 Oil Painting</p>	<p>8-Oct</p> <p>8-10 Coffee 9-noon Cards 10-11 Michelle Henderson Traveling as a Senior 11-11:45 CORE seated Exercise 12-12:30 Lunch 12:30-4:30 SunShine Center</p>	<p>9-Oct</p> <p>8-10 Coffee 9-noon Hand & Foot 945-1045 Wii Games 930-1045 Chair Volleyball 10-1030 Group Walking* 1030-1130 LIBRARY OUTREACH w/ kara 11-12 Karaoke 12-1230 Lunch</p>	<p>10-Oct</p> <p>8-10 Coffee 9-noon Cards 945-1045 Chair Ex-Strength 11-1145 BINGO 12-12:30 Lunch 1:00-3:00 Oil Painting 1-4 Open Pool Table</p>
<p>13-Oct</p> <p>8-10 Coffee 9-noon Cards 945-1045 Chair Ex-stretch 11-1145 BINGO 12-12:30 Lunch 1:30-2:30 Chair Yoga w/ Sefton*</p>	<p>14-Oct</p> <p>8-10 Coffee 9-noon Hand & Foot 10-11 Advisory Council Mtg 10-12 CRAFTS Jewelry W/ EVA 12-12:30 Lunch 1-3 Oil Painting</p>	<p>15-Oct</p> <p>8-10 Coffee 9-noon Cards 10-11 SGT. Fisher- New Bern's City CARE program 11-11:45 CORE Seated Exercise 12-12:30 Lunch 12:30-4:30 SunShine Center 2:00-3:00 RGEA Com. Outreach</p>	<p>16-Oct</p> <p>8-10 Coffee 9-noon Hand & Foot 945-1045 Wii Games 930-1045 Chair Volleyball 10-1030 Group Walking* 11-12 Karaoke 12-12:30 Lunch</p>	<p>17-Oct</p> <p>8-10 Coffee 9-noon Cards 945-1045 Chair Ex-Strength 11-1145 BINGO 12-12:30 Lunch 1-3 Oil Painting 1-4 Open Pool Table</p>
<p>20-Oct</p> <p>8-10 Coffee 9-noon Cards 945-1045 Chair Ex-stretch 11-1145 BINGO 12-12:30 Lunch 1:30-2:30 Chair Yoga w/ Sefton*</p>	<p>21-Oct</p> <p>8-10 Coffee 9-noon Hand & Foot 10-12 CRAFTS Seasonal Decor Hanging 12-12:30 Lunch 1-3 Oil Painting</p>	<p>22-Oct</p> <p>8-10 Coffee 9-noon Cards 10-11am Health Department Janzen/Bingo 11-11:45 CORE Seated Exercise 12-12:30 Lunch 12:30-4:30 SunShine Center</p>	<p>23-Oct</p> <p>8-10 Coffee 9-noon Hand & Foot 945-1045 Wii Games 930-1045 Chair Volleyball 10-1030 Group Walking* 11-12 Karaoke 12-12:30 Lunch</p>	<p>24-Oct</p> <p>8-10 Coffee 9-noon Cards 945-1045 Chair Ex-Strength 11-1145 BINGO 12-12:30 Lunch 1-3 Oil Painting 1-4 Open Pool Table WEAR YOUR PINK DAY</p>
<p>27-Oct</p> <p>8-10 Coffee 9-noon Cards 930-1030 GRIEF SUPPORT 945-1045 Chair Ex-stretch 11-1145 BINGO 12-12:30 Lunch 1:30-2:30 Chair Yoga w/ Sefton**</p>	<p>28-Oct</p> <p>8-10 Coffee 9-noon Hand & Foot Movie Matinee: 12-12:30 Lunch 1-3 Oil Painting</p>	<p>29-Oct</p> <p>8-10 Coffee 9-noon Cards 10-11am Fall/Costume themed Party 11-11:45 CORE Seated Exercise 12-12:30 Lunch 12:30-4:30 SunShine Center</p>	<p>30-Oct</p> <p>8-10 Coffee 9-noon Hand & Foot 945-1045 Wii Games 930-1045 Chair Volleyball 10-1030 Group Walking* 11-12 Karaoke 12-12:30 Lunch</p>	<p>31-Oct</p> <p>8-10 Coffee 9-noon Cards 945-1045 Chair Ex-Strength 11-1145 BINGO 12-12:30 Lunch 1-3 Oil Painting 1-4 Open Pool Table HAPPY HALLOWEEN</p>

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

* Weather Permitting Outdoors

** Fee Applies

Saturday 10/18/25

2025 Walk to End Alzheimers- Join the Senior Center Team "Rays of Sunshine"

Place: Union Point Park Registration 9am, Walk Begins 10am

October 2025

**Craven County Senior Center
811 George St.**

New Bern, NC 28562

**252-638-1790
cravencountync.gov/
senior services**

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, 10/6 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!



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811 George St.
New Bern, NC 28562**

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MAKE A GHOST PORTRAIT CRAFT WITH THE CRAVEN-PAMLICO LIBRARY OUTREACH TEAM

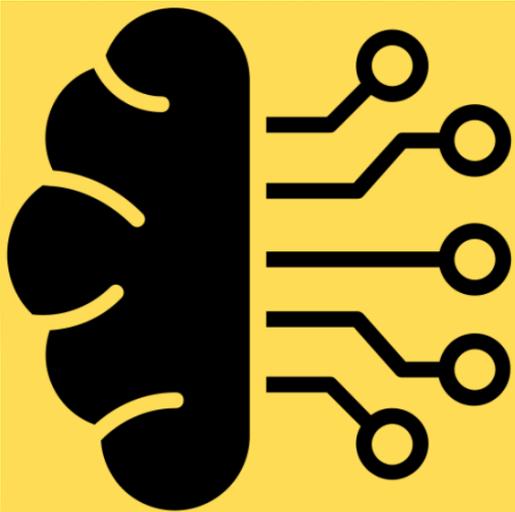
AT THE CRAVEN SENIOR CENTER

THURSDAY
October 9

10:30-
11:30 a.m.

QUESTIONS?
CONTACT
OUTREACH AT
252-638-7804



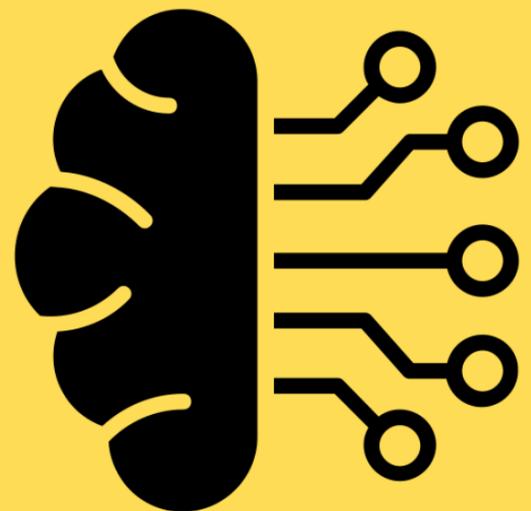


Artificial Intelligence is HERE!

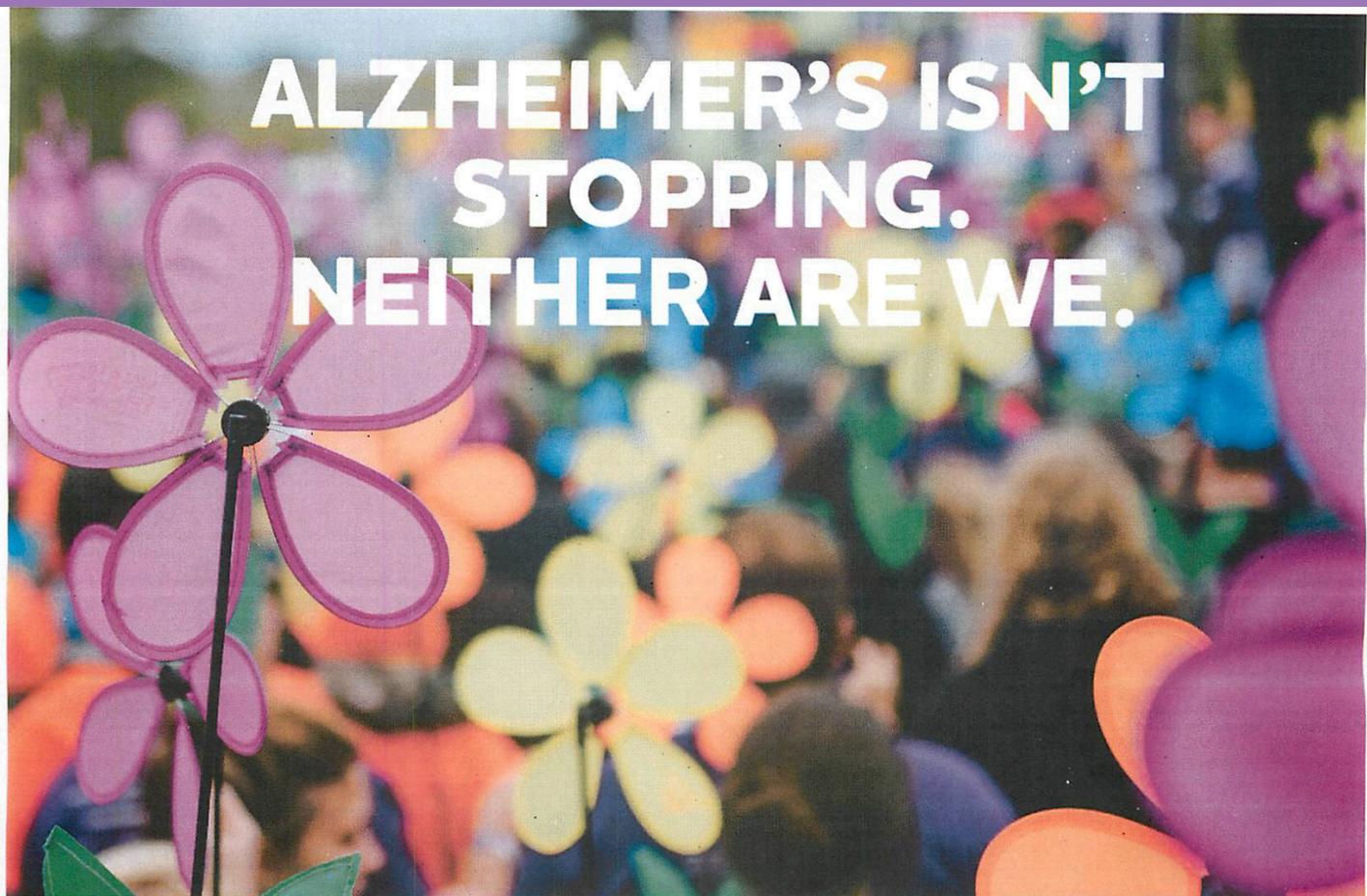
What do you know about artificial intelligence or AI?
Want to learn more?

Join us for an interactive discussion about AI.
We'll explore what it is, its origins, how you are
already using it, and how to use generative AI.

Join us
October 1, 2025
Craven County Senior Center
9:45 - 11:00 am



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"



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

Register with our team Ray's of Sunshine online before the walk date or the morning of at 9am. Walk starts at 10am.



Costume PARTY

Let's celebrate the Fall season with FUN and refreshments

Wednesday 10/29

10-12pm

**Prizes for Best
Costume 1st & 2nd place,
also Most Original**

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Matinee Movie Day

Tuesday, 10/28th we are having our monthly movie showing from 945-1145am. in the auditorium. Popcorn/snack will be provided.



Thank you to all that attended our Grand Reopening ceremony on Monday, 9/29/25.



Our Silver Arts 2nd place winner
RTG performed

Alissa provided details of the renovation, Thanking all that contributed, recognizing all speakers and giving a history of our buildings site before the plaque reveal.



Recognition of 3 long standing MOW volunteers, some with up to 30+ years of dedication.



October 2025

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811 George St.

New Bern, NC 28562

-Page 9

252-638-1790
cravencountync.gov/senior-services

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

October 2025

-Page 10

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New Bern, NC 28562

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[cravencountync.gov/
senior services](http://cravencountync.gov/senior-services)

Located in the Auditorium Area

PLEASE JOIN US FOR OUR



CRAFT SALE-FUNDRAISER
SEPTEMBER 29TH-OCTOBER 3rd

10AM-2PM



October 2025

-Page 11

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Travel in Your Senior Years

October 8, 2025 10:00am



Want to Travel?

It IS Possible!

Find out how you can travel even if you need help with mobility, respiratory issues, need a recliner for sleep, and more!

With Michelle Henderson!

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

