

CRAVEN COUNTY SENIOR SERVICES

November 2025



Other Scheduled Events

11/6 1:30-3:30pm
MAJONG Continuing into October, on Thursdays. Come learn a new game & join the fun. (see P.7)

Monday 11/17 9:30-10:30
The Sr. Center will have a Celebration of Life Ceremony w/ Dr. Deneen. Glasco. (see P. 9)



Upcoming Classes/ Trainings

Join us on **11/13 10:00-11:00am**. Kara with the Library outreach program. Beaded craft, (See P. 10) for details **Thursday, 11/13 2-4** Crafts w/ Anna Falat from New Bern Newcomers Club- macrame gnomes and paper angels are the projects scheduled . see (P.10) for details **11/19 10am-12pm** DaChelle Gupton-ECU/ Online safety Class safe online navigation tips and skills to have and what to avoid. (see P.12) Also in December Smart phone basics 12/3 and intermed. skills 12/10. **Sign up now for all.**

Reminders

11/3 Memory Café 4-6:30p
11/4 AUDITORIUM CLOSED/FOR VOTING-ALL DAY
11/7 9am-1pm Veteran's Recognition and Stand down at Nat. Guard Armory (P. 11)
11//10&11 Center closed for **Veteran's/ Remembrance Day**
11/12 10-11am Cardio Drumming
11/13 10:30-11:30am Library outreach w/ Kara (P.10)
11/13 2-4pm Crafts w/ Anna NBNC
11/18 10-11am Advisory Council meeting
11/19 10-12 Online Safety Class- DaChelle Gupton (P.12)
11/17 9:30-10:30am Celebration of life ceremony w/ Dr. Deneen
11/25 Movie matinee day
11/26 10-11am Health dept. /Nutritional Health topic
11/21 10-12pm HOLIDAY LUNCHEON and **Celebration**
11/28 & 29 Center closed for **Thanksgiving Holiday**

Lunch Served Daily

12-12:30pm

Please register and sign up in advance of the day you plan to eat lunch. With the new sign in system you can register a full week or more in advance

SENIOR CENTER MENU

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pork Roast, Stewed Potatoes, St Beans, Peaches, Roll, 2% Milk	4 Spaghetti w/ Meatballs, Mixed Veggies, Applesauce, Roll, 2% Milk	5 Baked Chicken w/ gravy, Boiled Pots, Collards, Mixed Fruit, Biscuit, 2% Milk	6 Fish Patty, Baked Beans, Slaw, Cornbread, Orange, 2% Milk	7 Sloppy Joe, Corn, String Beans, Raisins, Roll, 2% Milk
10 Holiday Senior center Closed	11 Veteran's Day Holiday Senior center Closed	12 Roast Pork w/ gravy, Navy Beans, Carrots, Jello w/mixed fruit, Biscuit, 2% Milk	13 Chicken Parm, Winter Blend, Peaches, Roll, 2% Milk	14 Beef Tips, Rice, Collards, Pineapples, Cornbread, 2% Milk
17 Chicken w/Rice, Corn, Sliced Apples, Roll, 2% Milk	18 Turkey w/ gravy, Mashed Pots, Green Peas, Peaches, Rolls, 2% Milk	19 Chicken-fried Steak, N. Beans, Carrots, Pears, Rolls, 2% Milk	20 Pork Roast w/ gravy, Yams, Mustard Greens, Mixed Fruit, Rolls, 2% Milk	21 Stew Beef w/ Pots and Veggies, June Peas, Raisins, Roll, 2% Milk
24 Ham, Yams, Green Peas, Pineapples, Roll, 2% Milk	25 Pepper Steak, M. Pot, Field Peas, Applesauce, Whole Wht. Bread, 2% Milk	26 Sm. Sausage, Dry Limas, Cabbage, Mixed Fruit, Roll, 2% Milk	27 Thanks Giving Holiday	28 Holiday

Have a
Blessed
H O L I D A Y

Activities

Craven County Senior Services (252) 638-1790
811 George Street, New Bern 28561

November 2025

cravencountync.gov/senior services

Monday	Tuesday	Wednesday	Thursday	Friday
3-Nov	4-Nov	5-Nov	6-Nov	7-Nov
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	8-10 Coffee 9-noon Cards 10-12 CRAFTS-Class #2 Fall Décor LOCAL VOTING NO ACTIVITIES IN AUDITORIUM 12-12:30 Lunch 1-3 Oil Painting	8-10 Coffee 9-noon Cards 10-11 Trivia Sessions/Health OBIE play 11-11:45 CORE seated Exercise 12-12:30 Lunch 12:30-4:30 SunShine Center	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 1:30-3:30 Mahjong	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
10-Nov	11-Nov	12-Nov	13-Nov	14-Nov
Holiday Observance CENTER CLOSED	CENTER CLOSED VETERAN'S DAY 	8-10 Coffee 9-noon Cards 10-1045 Cardio Drumming Session 11-11:45 CORE seated Exercise 12-12:30 Lunch 12:30-4:30 SunShine Center	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 12-1230 Lunch 2-4 Holiday themed Crafts w/ Anna 1:30-3:30 Mahjong	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
17-Nov	18-Nov	19-Nov	20-Nov	21-Nov
8-10 Coffee 9-noon Cards 930-1030 Annual Celebration of Life Ceremony-w/ Dr. Deneen 11-1145 BINGO 12-12:30 Lunch 1:30-2:30 Chair Yoga w/ Sefton*	8-10 Coffee 9-noon Hand & Foot 10-11 Advisory Council Mtg 10-12 CRAFTS Faux Gingerbread Garland 12-12:30 Lunch 1-3 Oil Painting	8-10 Coffee 9-noon Cards 10-12 Online Safety/Privacy class w/ DaChelle Gupton (Please sign up in advance) 11-11:45 CORE Seated Exercise 12-12:30 Lunch 12:30-4:30 SunShine Center	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 1:30-3:30 Mahjong	8-10 Coffee 9-noon Cards 10-12:30 HOLIDAY EVENT & LUNCHEON (PLEASE SIGN UP IN AVANCE) 1-3 Oil Painting 1-4 Open Pool Table
24-Nov	25-Nov	26-Nov	27-Nov	28-Nov
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*	8-10 Coffee 9-noon Hand & Foot 10-12 Movie Matinee: Seasonal Holiday Movie 12-12:30 Lunch 1-3 Oil Painting	8-10 Coffee 9-noon Cards 10-11am Health Department w/ Nutritional topic 11-11:45 CORE Seated Exercise 12-12:30 Lunch 12:30-4:30 SunShine Center	CENTER CLOSED 11/27-28/25 	FOR THANKSGIVING HOLIDAY
NOVEMBER is: American Diabetes Month National family Caregivers month National Epilepsy Awareness Month COPD Awareness Month National Lung Cancer Awareness Native American Heritage Month	NOVEMBER-for men's health Pancreatic Cancer Awareness Month			

Puzzles and Independent Board Games can be played at any time. Ask staff for assistance. * Weather Permitting Outdoors ** Fee Applies
Supplies for Oil Painting on Tuesday and Friday are not included. Artists bring their own supplies and paint independently on their own works.

November 2025

Craven County Senior Center
811 George St.

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. An appointment will be scheduled to review program requirements.

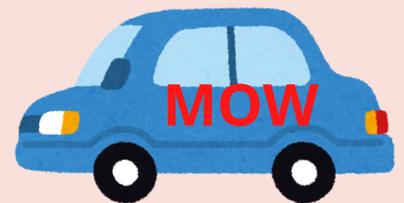


We want to give a **BIG Thank you to the Trent Woods Garden Club**. Annually, they graciously provide small flower bouquets to our MOW clients. A special shout out this year to Gail Mclamb, Maggie Ferrara, Karen Kimball & Paula Hartman. Thank you ladies for all you do to make our clients' day a little brighter.



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 we are only needing fill in drivers for vacation/Holiday and call-off slots. Thank you in Advance for all that you do!

Sr. Center's Team

ANNUAL WALK TO END ALZHEIMER'S WAS IN NEW BERN ON 10-18-25



Thank you to all that joined us .



JOIN MY TEAM AND THE FIGHT AGAINST ALZHEIMER'S.
Craven County Ray's of Sunshine
Alissa Andrews Brown
252-638-1790



alz.org/walk



November 2024

Craven County Senior Center
811 George St.

252-638-1790
cravencountync.gov/
senior services



Annually, we like to recognize our Veterans, if you or a family member member are a Veteran and have not shared your picture or info with Shelly, Please remember to do so ASAP. Thank you!



Just a reminder the Senior Center is closed Monday 11/10 and Tuesday 11/11 in observance of the Veteran's Day holiday.

Volunteer Spotlight

Coming soon

Each month, we will be highlighting our wonderful volunteers.

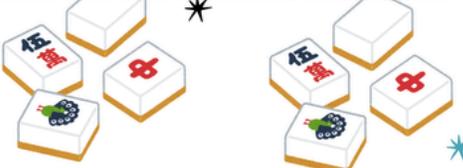
They give so much of themselves and we are eternally grateful.

Fall Craft Sale Fundraiser



Thank you to all that donated, volunteered and purchased items to aid center programming and make this year's event a success. We had some beautiful items this year. Hope to see everyone next year!

There is still time to register or sign up as a volunteer. Last day to register is 11/3/25.



JOIN US ON THURSDAYS FROM
1:30-3:30PM

For Mahjong

STARTS THIS THURSDAY 10/16 AT 1:30PM
STAY AND PLAY WITH OTHERS THAT LOVE THE GAME



Advertisement for Mahjong. It features illustrations of Mahjong tiles at the top and a cartoon illustration of a person sitting at a table with a Mahjong set at the bottom. The text invites people to join on Thursdays from 1:30-3:30 PM, starting on Thursday 10/16 at 1:30 PM. It encourages staying and playing with others who love the game.

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



Advertisement for the 2025 Fall Pickleball Tournament. It features a large green pickleball with black spots. The background shows a blue and green pickleball court. The text provides details about the tournament dates, mixed doubles and doubles play, a \$15 per person fee, the location at Creekside Park, and the age divisions (50-64, 65-74, and 75+). It also mentions a double elimination tournament and awards for winners in each category. Contact information for registration is provided.

We've Started on Thursdays from 1:30-3:30pm. and are Continuing thru October. Come learn, and play with others interested in the game.



Tuesday November 25
will be the next Movie Matinee Day
Come Join us for the Showing of a
Classic holiday movie



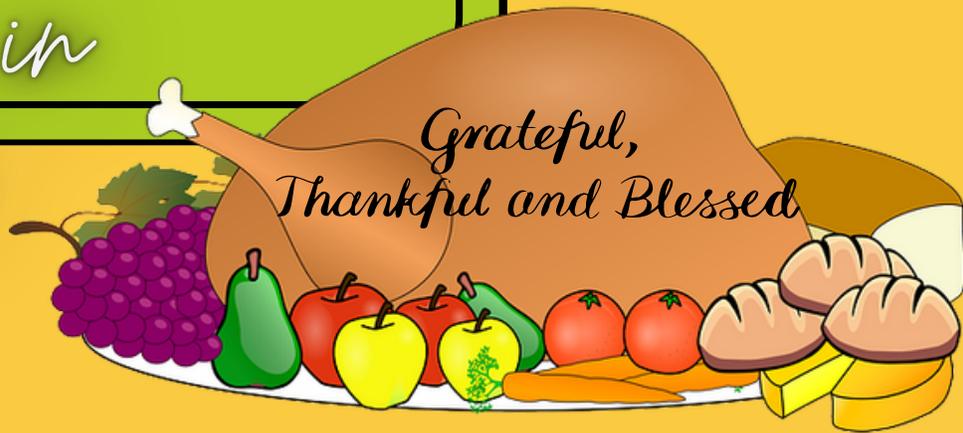
Team Senior Center
Staff in the Spirit of
Halloween with our
Custom Costumes .
10/29/2024...Spice
Girls and Hugh!
Thank you Alissa
for your designing
skills!
All Participants in
our Costume Contest
had a fun !
Thank you Everyone!

The Sr. Center will be
closed Thursday and
Friday, 11/27 & 28 for the
Thanksgiving Holiday.
We'll open again on
Monday, 12/1/25.

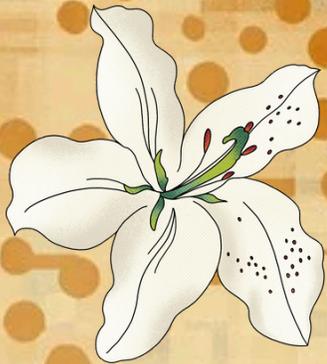


HOLIDAY LUNCHEON & ACTIVITIES FRIDAY, 11/21/25 10-12:30PM

*Sign-up in
advance*



*Grateful,
Thankful and Blessed*



Monday, 11/17/25

9:30am-10:30am

Dr. Deneen Glasco

*will hold a Celebration of life ceremony for all of
those that we have lost through the year. Join us in
remembrance.*



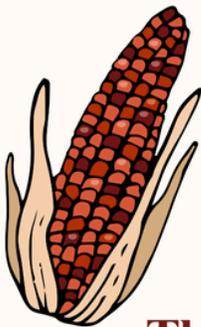
**Join the
Newcomers Club
for a craft session,
taught by Anna
Falat on Thursday,
11/13/25 in the
Senior Center
Auditorium, from 2-
4pm.**

**Come make the
following seasonal
items at no cost to
our seniors.**



**Join the Craven-Pamlico
Library Outreach Team
at the Craven Senior Center**

**to make beaded
harvest corn**



**Thursday
November 13
10:30-11:30 a.m.**

**QUESTIONS? CALL US AT
252-638-7804**



**Earlier in the day
the Library's
Outreach Program
with Kara and/or
Hannah will visit
and host a session
on the following
seasonal activity
from 10:30-11:30am**



10TH ANNUAL CRAVEN COUNTY VETERANS STAND-DOWN

**Friday, Nov. 7, 2025
9am-1pm
National Guard Armory
301 Glenburnie Dr., New Bern**



Veterans and Communities Coming Together to Help Our Homeless & Disadvantaged Veterans!
All Veterans, Active Duty, Military families and caregivers are welcome!

★ FREE SERVICES ★

- Veterans Benefits Counseling
- Homeless Prevention Assistance
- Suicide Prevention
- Recovery & Mental Health
- Housing Resources
- VA Claim Information
- Women Veterans-Specific Services
- Employment & Training
- Veteran Organizations & more
- Plus...
- Haircuts & Lunch



★ ★ ★ ★ ★
THANK YOU VETERANS


CARTS will provide transportation to and from the event and your home, please call CARTS to make your arrangements

Remembrance Day




Honoring all who served VETERAN'S LUNCHEON

CELEBRATION

The Veterans Council of Craven County (VCCC) warmly invites all Veterans, their spouses or primary caregivers, and Gold Star Families to enjoy a complimentary lunch—our treat!

-  **When:** Saturday, November 8th
-  **Time:** 11:00 AM - 1:00 PM (Lunch will be served at Noon)
-  **Where:** Temple Church, 1500 Kingdom Way, New Bern, NC
-  **Please bring proof of military status**

On behalf of the VCCC, we sincerely "Thank You" for your service to our Nation and our community. Join us as we also celebrate a historic milestone – the 250th Birthday of the U.S. Army, Marine Corps, and Navy!



**Digital Skills Information Sessions
Craven County Senior Center
811 George Street
New Bern, NC 28560**

Please join us for any of the following sessions to learn more about how to recognize scams and protect yourself

Online Safety and Privacy
November 19th 10:00 AM - 12:00 PM

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



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

**Also, the smart
phone series is
back by popular
demand in
December**

**Come Join
DaChelle
Gupton w/ ECU
for these very
informative
classes.**

**Digital Skills Information Sessions
Craven County Senior Center
811 George Street
New Bern, NC 28560**

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

Smartphone Basics
December 3rd 10:00 AM - 12:00 PM

Smartphone Intermediate
December 10th 10:00 AM - 12:00 PM

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



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