

# CRAVEN COUNTY SENIOR SERVICES



December 2025

## Other Scheduled Events



**Continuing on Thursdays at 1:30pm MAJONG**  
Come learn a new game & join the fun. (See P. 6)  
**DECEMBER 12, 2025**  
Holiday Luncheon w/ Activities and give aways.  
Ugly Sweater contest (Sign up in advance)  
See P. 6

## Upcoming Classes/ Trainings

For those of you that may have a new phone or are just struggling to use your cell phone , the following is for you.  
**12/3/25** 10-12 DaChelle Gupton-ECU-Will present Cell phone Basics.  
**12/10/25** 10-12 DeChelle Gupton will present Cell phone-intermediate. see P. 12 for details  
**Sign up now**

## Reminders

- 12/3 10-12 Cell Phone Basics Class
- 12/8 **Memory Café** 4-6:30p
- 12/9 10am Advisory Council Meeting
- 12/10 10-12 Cell Phone Intermediate Class
- 12/11 10:30-11:30 Library Outreach w/ Kara and Hannah P.9
- 12/12 10-12 Holiday Christmas luncheon**
- 12/22 9:30am Grief Support
- 12/23 10-12 Movie matinee day
- 12/24-26 Center closed for Christmas Holiday**

**The Center will be CLOSED from 12/24-26<sup>th</sup> for the Holiday.**  
**We will reopen Monday, 12/29.**



## »»» **CARDIO** ««« **DRUMMING**

**Join us on 12/17 and 12/31 from 10-11am**

252-638-1790  
[cravencountync.gov/senior-services](http://cravencountync.gov/senior-services)

# 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 Dec 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Roast, Stewed Potatoes, St Beans, Peaches, Roll, 2% Milk	2 Spaghetti w/ Meatballs, Mixed Veggies, Applesauce, Roll, 2% Milk	3 Baked Chicken w/ gravy, Boiled Pots, Collards, Mixed Fruit, Biscuit, 2% Milk	4 Fish Patty, Baked Beans, Slaw, Cornbread, Orange, 2% Milk	5 Sloppy Joe, Corn, String Beans, Raisins, Roll, 2% Milk
8 Hamburger Steak w/ gravy, Mashed Pots, Turnips, Pears, Roll, 2% Milk	9 Chili w/ Kidney Beans, Corn, Applesauce, Saltines, 2% Milk	10 Roast Pork w/ gravy, Navy Beans, Carrots, Jello w/mixed fruit, Biscuit, 2% Milk	11 Chicken Parm, Winter Blend, Peaches, Roll, 2% Milk	12 Beef Tips, Rice, Collards, Pineapples, Cornbread, 2% Milk
15 Chicken w/Rice, Corn, Sliced Apples, Roll, 2% Milk	16 Turkey w/ gravy, Mashed Pots, Green Peas, Peaches, Rolls, 2% Milk	17 Chicken-fried Steak, N. Beans, Carrots, Pears, Rolls, 2% Milk	18 Pork Roast w/ gravy, Yams, Mustard Greens, Mixed Fruit, Rolls, 2% Milk	19 Stew Beef w/ Pots and Veggies, June Peas, Raisins, Roll, 2% Milk
22 Ham, Yams, Green Peas, Pineapples, Roll, 2% Milk	23 Pepper Steak, M. Pot, Field Peas, Applesauce, Whole Wht. Bread, 2% Milk	24 Holiday Sm. Sausage, Dry Limas, Cabbage, Mixed Fruit, Roll, 2% Milk	25 Holiday R. Beef, N Beans, Turnips, Orange, Roll, 2% Milk	26 Holiday Fried Chicken, Boiled.Pot. String Beans, Pears, Roll, 2% Milk
29 Pork Roast, Stewed Potatoes, St Beans, Peaches, Roll, 2% Milk	30 Spaghetti w/ Meatballs, Mixed Veggies, Applesauce, Roll, 2% Milk	31 Baked Chicken w/ gravy, Boiled Pots, Collards, Mixed Fruit, Biscuit, 2% Milk	1 Holiday Fish Patty, Baked Beans, Slaw, Cornbread, Orange, 2% Milk	2 Sloppy Joe, Corn, String Beans, Raisins, Roll, 2% Milk

*Have a*  
*Blessed*  
H O L I D A Y

# Activities

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

**December 2025**

cravencountync.gov/senior services

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1-Dec</b>	<b>2-Dec</b>	<b>3-Dec</b>	<b>4-Dec</b>	<b>5-Dec</b>
8-10 Coffee 9-noon Cards 945-1045 Chair Ex-stretch <b>11-1145 BINGO</b> 12-12:30 Lunch <b>1:30-2:30 Chair Yoga w/ Sefton*</b> 230-4 Open Pool Table	<b>WEAR GREEN TODAY</b> 8-10 Coffee 9-noon Cards <b>10-12 CRAFTS:</b> <b>Cinnamon Spice Ornaments</b> 12-12:30 Lunch 1-3 Oil Painting 1-4 Open Pool Table	8-10 Coffee 9-noon Cards <b>10-12 SMARTPHONE BASICS CLASS w/ DaChelle Gupton</b> (Please sign up in advance) 11-11:45 CORE seated Exercise 12-12:30 Lunch <b>12:30-4:30 SunShine Center</b>	8-10 Coffee 9-noon Hand & Foot 945-1045 Wii Games 930-1045 Chair Volleyball 10-1030 Group Walking* <b>11-12 Karaoke</b> 12-12:30 Lunch <b>1:30-3:30 Mahjong</b>	8-10 Coffee 9-noon Cards 945-1045 Chair Ex-Strength <b>11-1145 BINGO</b> 12-12:30 Lunch 1:00-3:00 Oil Painting 1-4 Open Pool Table
<b>8-Dec</b>	<b>9-Dec</b>	<b>10-Dec</b>	<b>11-Dec</b>	<b>12-Dec</b>
<b>WEAR RED TODAY</b> 8-10 Coffee 9-noon Cards 945-1045 Chair Ex-stretch <b>11-1145 BINGO</b> 12-12:30 Lunch <b>1:30-2:30 Chair Yoga w/ Sefton*</b> <b>4-6:30 Memory Café</b>	8-10 Coffee 9-noon Cards <b>10-11 Advisory Council Mtg</b> <b>10-12 CRAFTS:</b> <b>Holiday Door Hanging- Part 1</b> 12-12:30 Lunch 1-3 Oil Painting 1-4 Open Pool Table	8-10 Coffee 9-noon Cards <b>10-12 SMARTPHONE INTERMED CLASS w/ DaChelle Gupton</b> (Please sign up in advance) 11-11:45 CORE seated Exercise 12-12:30 Lunch <b>12:30-4:30 SunShine Center</b>	8-10 Coffee 9-noon Hand & Foot 945-1045 Wii Games 930-1045 Chair Volleyball 10-1030 Group Walking* <b>1030-1130 LIBRARY OUTREACH w/ kara</b> 12-1230 Lunch <b>1:30-3:30 Mahjong</b>	8-10 Coffee 9-noon Cards <b>10-12:30 HOLIDAY ACTIVITIES AND LUNCHEON</b> <b>(UGLY SWEATER CONTEST)</b> 1:00-3:00 Oil Painting 1-4 Open Pool Table
<b>15-Dec</b>	<b>16-Dec</b>	<b>17-Dec</b>	<b>18-Dec</b>	<b>19-Dec</b>
8-10 Coffee 9-noon Cards 945-1045 Chair Ex-stretch <b>11-1145 BINGO</b> 12-12:30 Lunch <b>1:30-2:30 Chair Yoga w/ Sefton**</b>	8-10 Coffee 9-noon Hand & Foot <b>10-12 CRAFTS</b> <b>Holiday Door Hanging- Part 2</b> 12-12:30 Lunch 1-3 Oil Painting 1-4 Open Pool Table	<b>WEAR SILVER &amp; GOLD</b> 8-10 Coffee 9-noon Cards <b>10-11 Cardio Drumming Session</b> 11-11:45 CORE Seated Exercise 12-12:30 Lunch <b>12:30-4:30 SunShine Center</b>	8-10 Coffee 9-noon Hand & Foot 945-1045 Wii Games 930-1045 Chair Volleyball 10-1030 Group Walking* <b>11-12 Karaoke</b> 12-12:30 Lunch <b>1:30-3:30 Mahjong</b>	8-10 Coffee 9-noon Cards 945-1045 Chair Ex-Strength <b>11-1145 BINGO</b> 12-12:30 Lunch 1-3 Oil Painting 1-4 Open Pool Table
<b>22-Dec</b>	<b>23-Dec</b>	<b>24-Dec</b>	<b>25-Dec</b>	<b>26-Dec</b>
<b>FESTIVE ACCESSORY DAY</b> 8-10 Coffee 9-noon Cards <b>930-1030 Grief Support Group</b> 945-1045 Chair Ex-stretch <b>11-1145 BINGO</b> 12-12:30 Lunch <b>1:30-2:30 Chair Yoga w/ Sefton**</b>	8-10 Coffee 9-noon Hand & Foot <b>10-12 Movie Matinee:</b> <b>Seasonal Holiday Movie</b> 12-12:30 Lunch 1-3 Oil Painting	 <i>Merry Christmas</i>	<b>CENTER CLOSED FOR CHRISTMAS HOLIDAY 12/24-26/2025</b>	
<b>29-Dec</b>	<b>30-Dec</b>	<b>31-Dec</b>		
8-10 Coffee 9-noon Cards 945-1045 Chair Ex-stretch <b>11-1145 BINGO</b> 12-12:30 Lunch <b>1:30-2:30 Chair Yoga w/ Sefton*</b>	8-10 Coffee 9-noon Hand & Foot <b>10-12 CRAFTS:</b> <b>Snowflake Bracelet</b> 12-12:30 Lunch 1-3 Oil Painting	8-10 Coffee 9-noon Cards <b>10-11 Cardio Drumming Session</b> 11-11:45 CORE Seated Exercise 12-12:30 Lunch <b>12:30-4:30 No SunShine Ctr</b>	<b>DECEMBER is:</b> Universal Human Rights Month Seasonal Affective Disorder (SAD) Month National Impaired Driving prevention Month HIV/AIDS 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.



**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. **No Sunshine program 12/24 or 12/31/25**



**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!**

# Volunteer Spotlight



## Meals on Wheels Volunteer Spotlight for November 2025 – Candice Coulter

**1. How long have you been volunteering for Craven County Meals on Wheels?**

Since 2019

**2. How has volunteering impacted your life or perspective?**

Being able to deliver Meals On Wheels is such a joy! I feel it's a great way for me to help others and touch lives in my community. This is a way I can do the Lord's work.

**3. What are your hobbies/interests outside of volunteering?**

I love doing things with my family- traveling or just being with them. My husband & I have a cat, Maggie, that we spoil!

**4. Give us a favorite personal quote (or make up one!) as it pertains to life in general.**

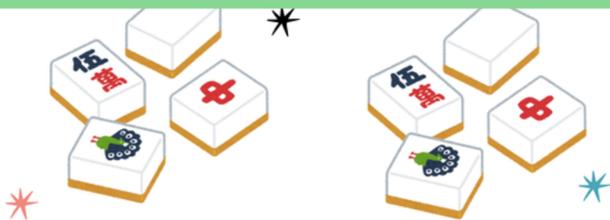
Truly I say to you, to the extent that you did it for one of the least of these brothers or sisters of mine, you did it for me. Matthew 25:40



Join us For This  
Special day

**Holiday Luncheon**  
Will be held Friday,  
**12/12/25**

Activities will start at  
**10am.,**  
Lunch will be served  
starting at **11:30am.**  
Please Sign up in  
**Advance**



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



Held on Thursdays from  
1:30-3:30pm. and  
Continuing thru the end  
of the year. Come learn,  
and play with others  
interested in the game.

December 2025

-Page 6

Craven County Senior Center  
8II George St.  
New Bern, NC 28562

252-638-1790  
[cravencountync.gov/  
senior services](http://cravencountync.gov/senior-services)



**Tuesday December 23rd**  
**will be the next Movie Matinee Day**  
**Come Join us for the Showing of a**  
**Classic holiday movie**

 **Ugly Sweater Contest**   
 to be judged during our holiday party on Friday, 12/12/25  
 pull out those old holiday sweaters from years gone by

and join us.



 **Join us for the following**  
**holiday activity days** 

**Dec. 2<sup>nd</sup> Wear Green**

**Dec. 17<sup>th</sup> Wear Silver & Gold**

**Dec. 8<sup>th</sup> Wear Red**

**Dec. 22<sup>nd</sup> Festive Accessory day**

# Thanksgiving Activities and Luncheon held 11/21/25

*Grateful,  
Thankful and Blessed*



wrapping  
the turkey  
leg activity



whip cream  
pie eating



Approximately 70 people  
attended to share in the  
games, give aways and a  
wonderful meal with us.



## A Good Time Was Had By All



JOIN US AT THE  
CRAVEN SENIOR  
CENTER

CELEBRATE  
THE HOLIDAY SEASON WITH  
THE CRAVEN-PAMLICO  
LIBRARY  
OUTREACH TEAM

WE WILL CREATE  
WATERCOLOR  
COLOR  
POINSETTIA ART

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



*Refreshment  
provided*

QUESTIONS?  
CONTACT  
OUTREACH AT  
252-638-7804



# 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 3<sup>rd</sup> 10:00 AM - 12:00 PM

Smartphone Intermediate  
December 10<sup>th</sup> 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.*



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