

CRAVEN COUNTY SENIOR SERVICES

January 2026

**HAPPY
NEW YEAR!**



Other Scheduled Events

Continuing on Thursdays
at 1:30pm **MAJONG**
Come play & join the fun.
(See P. 6)

**>>> CARDIO <<<
DRUMMING**



Join us on 1/21
from 10-11am

Upcoming Classes/ Trainings/ Events

Save the Date NRSG
Early Registration begins
soon (see P. 10)

1/26 9:30-10:30am
GRIEF SUPPORT GROUP w/
Dr. Deneen. Group meets
monthly on the 4th Monday.

1/28 10-11 Health Dept.
Monthly health topic for
our seniors

Reminders

- 1/1 & 2 Center Closed for New Year Holiday
- 1/6 10-12 Monthly Movie Matinee
- 1/8 10:30-11:30am Library Outreach w/ Kara (see P.9)
- 1/12 Memory Café 4-6:30p
- 1/13 10am Advisory Council Meeting
- 1/19 Center Closed MLK Day
- 1/26 9:30am Grief Support
- 1/28 10-11 Health Dept. Monthly Health Topic

Don't Forget

**The Center will be
CLOSED on
Monday 1/19/26
for MLK Day
Observance**



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 January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Pepper Steak, M. Potatoes, Field Peas, Applesauce, WWB, 2 % Milk	6 Turkey, Yams, Green Peas, Peaches, Rolls, 2 % Milk	7 Beef Tips, Rice, Collards, Pineapples, Rolls, 2 % Milk	8 BBQ Pork, Baked Beans, Carrots, Apple Crisp, Rolls, 2 % Milk	9 Sloppy Joe, Corn, String Beans, Raisins, Rolls, 2 % Milk
12 Ham, Yams, Mixed Vegetables, Pineapples, Rolls, 2 % Milk	13 Roast Pork, Navy Beans, Collards, Peaches, Rolls, 2 % Milk	14 Spaghetti w/meatballs, Corn, Pears, Garlic Toast, 2 % Milk	15 Fried Chicken, Boiled Pot, String Beans, Jello w/Fruit, Rolls, 2 % Milk	16 Roast Beef, Mashed Potatoes, Turnips, Fig Newtons, Rolls, 2 % Milk
19 Smoked Sausage, Dry Lima, Cabbage, Pineapples, Roll, 2 % Milk	20 Beef Tips, Rice, Collards, Mixed Fruit, Roll, 2 % Milk	21 Pork Roast, Stewed Potatoes, String Beans, Applesauce, Biscuit, 2 % Milk	22 Chicken and Rice, Corn, Peaches, Roll, 2 % Milk	23 Stew Beef, June Peas, Jello w/mixed fruit, Roll, 2 % Milk
26 Hamburger Steak, Mashed Potatoes, June Peas, Pears, Rolls, 2 % Milk	27 Chicken Parm, Mixed Vegetables, Peaches, Rolls, 2 % Milk	28 Fish, Baked Beans, Slaw, Oranges, Cornbread, 2 % Milk	29 Baked Pork Chops, Macaroni & Cheese, Peas & Carrots, Mixed Fruit, Rolls, 2 % Milk	30 Chicken Fried Steak, M. Potatoes, Collards, Pears, Rolls, 2 % Milk

*Have a
Blessed
H O L I D A Y
and the happiest of New years!*

Activities

Craven County Senior Services
252-6381790

January 2026

ccseniorservices.weebly.com

Monday	Tuesday	Wednesday	Thursday	Friday
5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
<p>8-10 Coffee</p> <p>9-noon Cards</p> <p>945-1045 Chair Ex-stretch</p> <p>11-1145 BINGO</p> <p>12-12:30 Lunch</p> <p>1:30-2:30 Chair Yoga W/ Sefton</p> <p>2:30-4 Open Pool table</p>	<p>JANUARY IS:</p> <p>National Braille Literacy Month</p> <p>Cervical Health Awareness Month</p> <p>Human Trafficking Awareness Month</p> <p>National Hobby Month</p> <p>Bath Safety Awareness Month</p> <p>Glaucoma Awareness Month</p>	<p>National Blood Donor Month</p> <p>National Hot Tea Month</p> <p>National Soup Month</p> <p>National Oatmeal Month</p> <p>National Mentoring Month</p>	<p>HAPPY NEW YEAR</p>	<p>Center is Closed For the Holidays January 1st and 2nd</p>
12-Jan	13-Jan	14-Jan	15-Jan	16-Jan
<p>8-10 Coffee</p> <p>9-noon Cards</p> <p>945-1045 Chair Ex-stretch</p> <p>11-1145 BINGO</p> <p>12-12:30 Lunch</p> <p>1:30-2:30 Chair Yoga W/ Sefton</p> <p>2:30-4 Open Pool table</p> <p>4-6:30 Memory Café</p>	<p>8-10 Coffee</p> <p>9-noon Hand & Foot</p> <p>10-11 Advisory Council</p> <p>10-12 CRAFTS- Air dry clay bells</p> <p>12-12:30 Lunch</p> <p>1-3 Oil Painting#</p> <p>1:00-4 Open Pool table</p>	<p>8-10 Coffee</p> <p>9-noon Cards</p> <p>10-11 Health/Hygiene (put together hygiene packets)</p> <p>11-1145 CORE Seated Exercise</p> <p>12-12:30 Lunch</p> <p>12:30-4:40 SunShine Center</p>	<p>8-10 Coffee</p> <p>9-noon Hand & Foot</p> <p>945-1045 Chair Volleyball</p> <p>945-1045 Wii Games</p> <p>10-1030 Group Walking*</p> <p>1130-12 Karaoke</p> <p>12-12:30 Lunch</p> <p>1:30-3:30 Mahjong</p>	<p>8-10 Coffee</p> <p>9-noon Cards</p> <p>945-1045 Chair Ex-Strength</p> <p>11-1145 BINGO</p> <p>12-12:30 Lunch</p> <p>1-3 Oil Painting#</p> <p>2:30-4 Open Pool table</p>
19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
<p>MLK Holiday Observance</p> <p>Center Closed for Holiday</p> 	<p>8-10 Coffee</p> <p>9-noon Hand & Foot</p> <p>10-12 CRAFTS- macrame keychains</p> <p>12-12:30 Lunch</p> <p>1-3 Oil Painting#</p> <p>1:00-4 Open Pool table</p>	<p>8-10 Coffee</p> <p>9-noon Cards</p> <p>10-11 Cardio Drumming (in Auditorium)</p> <p>11-1145 CORE Seated Exercise</p> <p>12-12:30 Lunch</p> <p>12:30-4:40 SunShine Center</p>	<p>8-10 Coffee</p> <p>9-noon Hand & Foot</p> <p>945-1045 Chair Volleyball</p> <p>945-1045 Wii Games</p> <p>10-1030 Group walking*</p> <p>11-1145 Chorus</p> <p>1130-12 Karaoke</p> <p>12-12:30 Lunch</p> <p>1:30-3:30 Mahjong</p>	<p>8-10 Coffee</p> <p>9-noon Cards</p> <p>945-1045 Chair Ex-Strength</p> <p>11-1145 BINGO</p> <p>12-12:30 Lunch</p> <p>1-3 Oil Painting#</p> <p>2:30-4 Open Pool table</p>
26-Jan	27-Jan	28-Jan	29-Jan	30-Jan
<p>8-10 Coffee</p> <p>9-noon Cards</p> <p>9:30-10:30 GRIEF SUPPORT</p> <p>945-1045 Chair Ex-stretch</p> <p>11-1145 BINGO</p> <p>12-12:30 Lunch</p> <p>1:30-2:30 Chair Yoga W/ Sefton**</p>	<p>8-10 Coffee</p> <p>9-noon Hand & Foot</p> <p>10-12 CRAFTS- Painting w/ acrylics</p> <p>12-12:30 Lunch</p> <p>1-3 Oil Painting#</p> <p>1:00-4 Open Pool table</p>	<p>8-10 Coffee</p> <p>9-noon Cards</p> <p>10-11 Health dept. Monthly health topic</p> <p>11-1145 CORE Seated Exercise</p> <p>12-12:30 Lunch</p> <p>12:30-4:40 SunShine Center</p>	<p>8-10 Coffee</p> <p>9-noon Hand & Foot</p> <p>945-1045 Chair Volleyball</p> <p>945-1045 Wii Games</p> <p>10-1030 Group walking*</p> <p>1130-12 Karaoke</p> <p>12-12:30 Lunch</p> <p>1:30-3:30 Mahjong</p>	<p>8-10 Coffee</p> <p>9-noon Cards</p> <p>945-1045 Chair Ex-Strength</p> <p>11-1145 BINGO</p> <p>12-12:30 Lunch</p> <p>1-3 Oil Painting#</p> <p>2:30-4 Open Pool table</p>

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)

* Weather Permitting/Outdoors

no instructor/must provide own supplies

January 2026

Craven County Senior Center
811 George St.

252-638-1790
cravencountync.gov/
senior services



The Sunshine Center, Adult respite care,

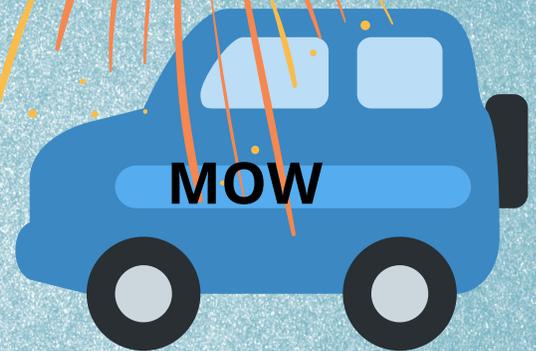
The Sunshine Center is designed to provide temporary relief to care givers who are caring for their loved ones with Alzheimer's disease and related conditions.

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.



Hello 2026!

*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!**

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

New Bern, NC 28562

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

January 2026

-Page 4

Volunteer Spotlight



Meals on Wheels Volunteer Spotlight – Stanley Trice

1. How long have you been volunteering for Craven County Meals on Wheels?
Since June 2015
2. How has volunteering impacted your life or perspective?
It has given me an opportunity to help people.
3. What are your hobbies/interests outside of volunteering?
Creative writing and volunteering to write grants
4. Give us a favorite personal quote (or make up one!) as it pertains to life in general.
Peace Begins With A Smile – Mother Teresa

We Thank You For All You Do!

Inspirational quotes to welcome the new year.

You don't have to see the whole staircase, just take the first step.

MARTIN LUTHER KING

What the new year brings to you will depend a great deal on what you bring to the new year.

VERN MCLELLAN

If you don't like something, change it.
If you can't change it, change your attitude.

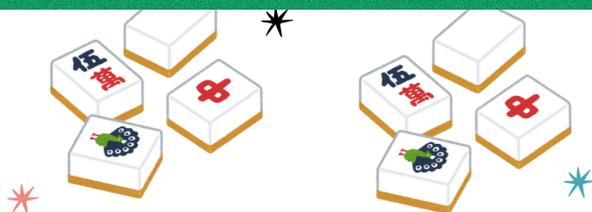
MAYA ANGELOU

In the New Year, never forget to thank your past years because they enabled you to reach today! Without the stairs of the past, you cannot arrive at the future.

Mehmet Murat Ildan

“
You are never too old to set another goal or to dream a new dream.

C.S. Lewis



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 into the new year. Come learn, and play with others interested in the game.



**Tuesday, January 6th
will be the next Movie Matinee
Day**

**Come Join us for the Showing of
an action adventure thriller**



**Our winner for the UGLY
SWEATER CONTEST was Ms.
Paulette Jarmond
CONGRATULATIONS!**



Just a Thank you to the Knights of Columbus and all the others that generously donated time, gifts, holiday cheer and much more to make our luncheon on Friday, 12/12/25 a great time. We appreciate each and everyone of you!!!

Our Murder Mystery Play Performed by Staff During our Holiday Party on Friday

12/12/25



RIP Trixie LaRue



Some staff had reoccurring characters from 2024. Its always fun using the stage!

It's
THE
Season
FOR HOT
Cocoa

WARM UP WITH THE
CRAVEN-PAMLICO
LIBRARY OUTREACH
TEAM
AT THE CRAVEN SENIOR
CENTER

Thursday, January 8
10:30 a.m. - 11:30 a.m.

SIP SOME
HOT COCOA AND CREATE A
MIXED MEDIA COCOA MUG
ART PROJECT



QUESTIONS?
CONTACT
OUTREACH AT
252-638-7804



Neuse River Senior Games & Silver Arts



Save The Dates 2026 DATES

REGISTRATION

EARLY BIRD REGISTRATION \$15:

FEBRUARY 1 - FEBRUARY 26

REGULAR REGISTRATION \$20:

FEBRUARY 27 - MARCH 16

ATHLETIC EVENT DATES

- TUESDAY, APRIL 21: CYCLE
- MONDAY, APRIL 27: PICKLEBALL MIXED DOUBLES
- TUESDAY, APRIL 28: PICKLEBALL SINGLES & DOUBLES
- THURSDAY, APRIL 30: SHUFFELBOARD & HORSESHOES
- FRIDAY, MAY 1: BOCCE, TRACK & FIELD
- MONDAY, MAY 4: TENNIS & GOLF
- TUESDAY, MAY 5: FUN WALK, DISC GOLF, CORNHOLE
- WEDNESDAY, MAY 6: SWIM & TABLE TENNIS
- THURSDAY, MAY 7: FOOTBALL, SOFTBALL, & BASKETBALL
- FRIDAY, MAY 8: CROQUET & BILLIARDS

SILVERARTS DATES

MONDAY, MAY 11 - THURSDAY, MAY 14

CLOSING CERMEONY: THURSDAY, MAY 14

