

CRAVEN COUNTY SENIOR SERVICES

February 2026

Neuse River Senior Games
&
Silver Arts

2026



For anyone needing assistance with registration for the 2026 Neuse River Senior Games (NRSNG) /Silver Arts, help will be available Feb. 3rd, 4th and 5th at the Senior Center. See Teresa for a registration packet or get help registering online. See P. 10 gives for further info. regarding open registration for NRSNG and the early bird discounted rate timeframe. Hope you can join us this year and participate either as an athlete, artist or volunteer.

*Together
We Can!*



**Upcoming
Classes/
Trainings/
Events**

**February is Heart
Health Month**

HANDS ONLY CPR- 
w/ Glenna Crawford from
Carolina East's Health Ed.
Wednesday 2/18 at 10am
Sign up now. (see P.11)

SR. CENTER BOOK CLUB
Any interest??? If so let's
meet **Thursday, 2/19 10am**
in the **Sunshine Room**
(behind the stage) to
discuss the details. (P. 7)

GRIEF SUPPORT GROUP
2/23 9:30-10:30am
Dr. Deneen's Group meets
monthly on the 4th Monday.

**UPCOMING Digital Skills
IN MARCH-ENC Trainings**
(see P.8)

February 14th

*Happy
Valentine's*
DAY

Reminders

- 2/2 Memory Cafe 4-6:30pm
- 2/3 1030am OLD TIME MUSIC MACHINE performing for us (P.6)
- 2/10 Advisory Council Meeting
- 2/11 1-2:30pm **Newcomer's Club Valentines Craft Project w/ Anna**
- 2/12 10:30-11:30am **Library Outreach w/ Kara** (see P.9)
- 2/17 10am 10-12 Monthly Movie Matinee
- 2/18 10am **EHealth-Hands Only CPR w/Glenna Crawford Class**
- 2/19 10am Book Club interest meeting-Sunshine Room
- 2/23 9:30am **Grief Support**
- 2/25 10-11 Health Dept. Monthly Health Topic

Don't Forget

Encyclopedia Britannica

Lunch Served Daily

12-12:30pm



SENIOR CENTER MENU

February 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pepper Steak, M. Potatoes, Field Peas, Applesauce, WWB, 2 % Milk	3 Turkey, Yams, Green Peas, Peaches, Rolls, 2 % Milk	4 Beef Tips, Rice, Collards, Pineapples, Rolls, 2 % Milk	5 BBQ Pork, Baked Beans, Carrots, Apple Crisp, Rolls, 2 % Milk	6 Sloppy Joe, Corn, String Beans, Raisins, Rolls, 2 % Milk
9 Ham, Yams, Mixed Vegetables, Pineapples, Rolls, 2 % Milk	10 Roast Pork, Navy Beans, Collards, Peaches, Rolls, 2 % Milk	11 Spaghetti w/meatballs, Corn, Pears, Garlic Toast, 2 % Milk	12 Fried Chicken, Boiled Pot, String Beans, Jello w/Fruit, Rolls, 2 % Milk	13 Roast Beef, Mashed Potatoes, Turnips, Fig Newtons, Rolls, 2 % Milk
16 Smoked Sausage, Dry Lima, Cabbage, Pineapples, Roll, 2 % Milk	17 Beef Tips, Rice, Collards, Mixed Fruit, Roll, 2 % Milk	18 Pork Roast, Stewed Potatoes, String Beans, Applesauce, Biscuit, 2 % Milk	19 Chicken and Rice, Corn, Peaches, Roll, 2 % Milk	20 Stew Beef, June Peas, Jello w/mixed fruit, Roll, 2 % Milk
23 Hamburger Steak, Mashed Potatoes, June Peas, Pears, Rolls, 2 % Milk	24 Chicken Parm, Mixed Vegetables, Peaches, Rolls, 2 % Milk	25 Fish, Baked Beans, Slaw, Oranges, Cornbread, 2 % Milk	26 Baked Pork Chops, Macaroni & Cheese, Peas & Carrots, Mixed Fruit, Rolls, 2 % Milk	27 Chicken Fried Steak, M. Potatoes, Collards, Pears, Rolls, 2 % Milk

Coffee Served Daily

8:30am-10:00am

Activities

Craven County Senior Services
252-6381790

February 2026

ccseniorservices.weebly.com

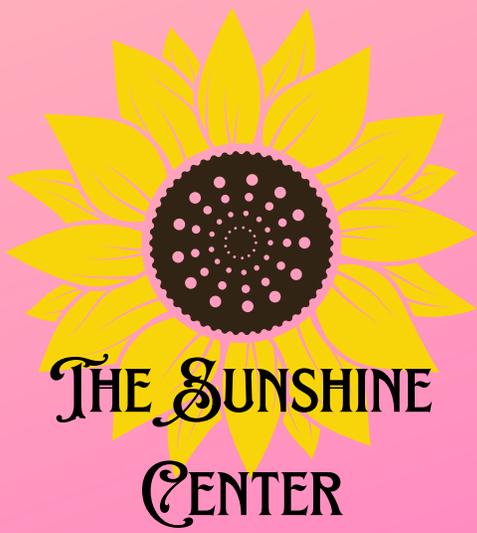
Monday	Tuesday	Wednesday	Thursday	Friday
2-Feb	3-Feb	4-Feb	5-Feb	6-Feb
8-10 Coffee 9-noon Cards 945-1045 Chair Ex-stretch 11-1145 BINGO 12-12:30 Lunch 1:30-2:30 Chair Yoga W/ Sefton 4-6:30 Memory Café	8-10 Coffee 9-noon Hand & Foot 10-12 Jewelry Repair w/ Eva 1030-1130 Old Time Music Machine playing for us 12-12:30 Lunch 1-3 Oil Painting# 1:00-4 Open Pool table	8-10 ☐ Coffee 9-noon Cards 10-1030 Drum Circle (impromptu) 11-1145 ☐ CORE Seated Exercise 12-12:30 Lunch 12:30-4:40 SunShine Center	8-10 Coffee 9-noon Hand & Foot 945-1045 Chair Volleyball 945-1045 Wii Games 10-1030 Group walking* 11-1145 Karaoke 12-12:30 Lunch 1:30-3:30 Mahjong	WEAR RED FOR HEART HEALTH 8-10 Coffee 9-noon Cards 945-1045 Chair Ex-Strength 11-1145 BINGO 12-12:30 Lunch 1-3 Oil Painting# 2:30-4 Open Pool table
9-Feb	10-Feb	11-Feb	12-Feb	13-Feb
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 2:30-4 Open Pool table	8-10 Coffee 9-noon Hand & Foot 10-12 CRAFTS- Seasonal Heart Craft 10-11 Advisory Council 12-12:30 Lunch 1-3 Oil Painting# 1:00-4 Open Pool table	8-10 Coffee 9-noon Cards 10-1030 Cardio Drumming Seated or standing 11-1145 ☐ CORE Seated Exercise 12-12:30 Lunch 1-2:30 NCC-Valentine Basket Craft 12:30-4:40 SunShine Center	8-10 Coffee 9-noon Hand & Foot 945-1045 Chair Volleyball 945-1045 Wii Games 10-1030 Group walking* 10-12 LIBRARY OUTREACH W/ KARA 11-1145 Karaoke 12-12:30 Lunch 1:30-3:30 Mahjong	8-10 Coffee 9-noon Cards 930-1030 VALENTINE'S SWEET TREAT 945-1045 Chair Ex-Strength 11-1145 BINGO 12-12:30 Lunch 1-3 Oil Painting# 2:30-4 Open Pool table
16-Feb	17-Feb	18-Feb	19-Feb	20-Feb
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 2:30-4 Open Pool table	8-10 Coffee 9-noon Hand & Foot 10-12 Monthly Movie Matinee (Rom/Com) 12-12:30 Lunch 1-3 Oil Painting# 1:00-4 Open Pool table	8-10 Coffee 9-noon Cards 10-11 Hands Only CPR w/ Glenna Crawford -Carolina East Health education Class 11-1145 CORE Seated Exercise 12-12:30 Lunch 12:30-4:40 SunShine Center	8-10 Coffee 9-noon Hand & Foot 945-1045 Chair Volleyball 945-1045 Wii Games 10-1030 Group Walking* 11-1145 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 1-3 Oil Painting# 2:30-4 Open Pool table
23-Feb	24-Feb	25-Feb	26-Feb	27-Feb
8-10 Coffee 9-noon Cards 9:30-10:30 GRIEF SUPPORT 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 CRAFTS- ceramic tile coasters 12-12:30 Lunch 1-3 Oil Painting# 1:00-4 Open Pool table	8-10 Coffee 9-noon Cards 10-11 Health dept. Monthly health topic 11-1145 CORE Seated Exercise 12-12:30 Lunch 12:30-4:40 SunShine Center	8-10 Coffee 9-noon Hand & Foot 945-1045 Chair Volleyball 945-1045 Wii Games 10-1030 Group walking* 11-1145 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 1-3 Oil Painting# 2:30-4 Open Pool table

February is: **American Heart Month**
Age Related Macular degeneration/Low Vision Awareness
Black History Month
National Cancer Prevention

Highlighting Local History Sources:
Local History Available online for Seniors to read. James City Historical Society info. : createdequal.omeka.net
also New Bern Historical Society online: newbernhistorical.org/african-american-heritage-trail

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





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
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!**

Volunteer Spotlight



Craven County Senior Center Volunteer Spotlight for February-Sarah Miles

1. How long have you been volunteering at the Craven County Sr. center? 15+ years
2. How has volunteering impacted your life or perspective?
Feel a sense of community service, have delivered over 200 meals recently for two churches, and taken people to medical appts. and other places.
3. What are your hobbies/interests outside of volunteering?
Exercise, Sunday Secretary, gym membership, usher, attend country western programs, babysit.

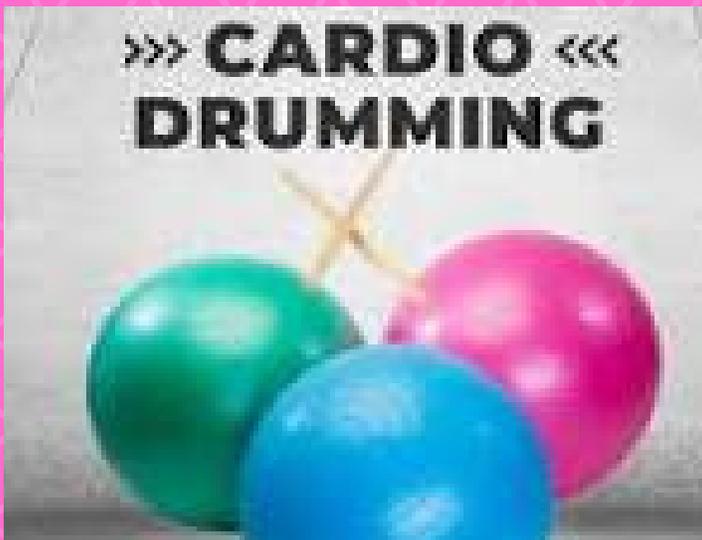
We Thank You For All You Do!



OLD TIME MUSIC MACHINE

**FEATURING ALEXANDER WILLIAMS
AND FRIENDS**

**will be playing at the Senior Center
on Tuesday, Feb. 3rd at 10:30am
stop in and enjoy the music!**



**Join us on Wed.
2/11 from 10-
1045am in the
auditorium**

February 2026

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

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



**Tuesday, February 17th
will be the next Movie Matinee
Day**

**Come Join us for the Showing of
a Rom/Com you're sure to like**



**INTERESTED IN A
SENIOR CENTER
*Book Club?***



February 19th
10:00am

811 George Street
New Bern

DISCUSSION ON START-UP/DETAILS
Let's get reading!

**We will be
meeting in
the Sunshine
Room
behind the
Stage...
Hope to see
you there!**

**COMING
SOON**

Sign Up in Advance

Digital Skills Information Session

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:
(feel free to bring your personal devices)

Smartphone Extras

March 11th, 10:00 AM - 12:00 PM

Finding Trusted Information Online

March 18th, 10:00 AM - 12:00 PM

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

Valentine's Celebration

Join the Craven-Pamlico Library
Outreach team at Havelock Senior
Center for a lovely time making
Valentine Lanterns!

Tuesday, February 12th
10:30am-11:30am

See you there!

Questions?
Contact Outreach at
252-638-7804



Sign up at the Sr. Center February 3rd through the 5th



Neuse River Senior Games
&
Silver Arts



REGISTER

NOW

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

BE THE BEAT

Learn to "Be the Beat" and perform Hands-Only CPR. If you are called on to perform CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent, or a friend.

Join us on Wed. 2/18 at 10am. Glenna Crawford w/ Carolina East Health will be here to teach us Hands only CPR.

American Heart Association. **Go Red** for women.

NATIONAL WEAR RED DAY®

Friday, February 6

CARDIOVASCULAR DISEASE IS THE NO. 1 KILLER OF WOMEN.

We wear RED for every woman's story of strength, survival, and sisterhood. Because no woman should face cardiovascular disease alone.

Together, we create a community where every heart is seen, every voice is heard, and every life is celebrated.

WearRedDay.org | #WearRedDay

Go Red for Women is nationally sponsored by **CVS Health.**

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Cardiac arrest remains a major concern for all people

Unfortunately, most cardiac arrests, approximately **350,000** reports CPR.HearT.Org, occur in environments away from health facilities.

Without immediate intervention like hands only CPR and defibrillation, mortality risk increases.

[Available here](#)
CPR certification online.



The Shocking Prevalence of Cardiac Arrest and Bystander CPR

Out-of-hospital cardiac arrest rates in 2014 were among the highest in recent history, sitting at **424,000**.

Bystander CPR rate for 2016 out-of-hospital cardiac arrests was **46.1%**.

Yet, many people forgo springing into action for fear of failure to perform CPR properly.



Does Hands Only Care Really Work

As explained by the CDC.gov, **more than 50%** of those that suffer an out-of-hospital arrest suffer injury to the brain and permanent injuries that decrease life span.



Does Hands Only CPR Require a Certain Compression Rate

Yes, but the Bee Gees song, 'Stayin' Alive' can help. It's set to a rhythm of **100** beats per minutes.



Can I Perform Hands Only CPR on Infants and Small Children

Yes, perform hands only care on the child. However, infant hands only care uses the index finger and the middle finger to perform compressions. Hands only CPR is a universal way to ensure circulation for those entering cardiac arrest outside of the hospital.



WHY HANDS ONLY CPR SAVES LIVES

Hands only CPR is the physical action of performing CPR with only chest compressions.

Save a Life.com



Can I Practice Hands Only CPR or Attend a Class

You can practice hands only CPR at home by making a DIY CPR manikin. A previous blog [published here](#) provides detailed instructions on how to make a CPR manikin with a t-shirt, a 2-liter plastic bottle and newspaper.

Opening the airway and delivering rescue breaths takes time, and if you have any doubt, it is best to simply perform hands only care.

Remember if someone is choking and loses consciousness, First Aid dictates that the person receive chest compressions to dislodge the blockage from the airway.

WHAT ELSE DO I NEED TO KNOW

Hands only CPR is not a substitute for continued care under a health care professional.

Contact emergency medical services (EMS) immediately when a person suffers cardiac arrest or other collapses.

If alone, scream and yell for help to get attention while performing compressions.

Remember to check the scene for safety.

Allow trained bystanders to take over and a render aid in CPR if available.

Spread awareness for the value of hands only CPR for those without CPR training, and for anyone with a higher risk of encountering people in cardiac arrest, encourage enrollment in an accredited program, such as the online program.



LISTED HERE