



Yadkinville Senior Nutrition Center January 2013



Mon	Tue	Wed	Thu	Fri
	1 CLOSED	2	3	4
7	8	9	10	11
14	15	16	17	18
21 CLOSED	22	23	24	25
28	29	30	31	



February 2013



Mon	Tue	Wed	Thu	Fri
				1 <i>BINGO</i>
4 <i>Line Dance</i> <i>SC Birthday Party</i>	5 <i>Hospice & Palliative Care w/</i> <i>Rosemary Niles</i>	6 <i>Dot Melodies</i> <i>Blood Pressure-Quality Care</i>	7 <i>Movin & Grovin and Stretches</i> <i>w/ Brenda</i>	8 <i>Nutrition BINGO</i>
11 <i>Line Dance</i> <i>New Year, New You w/ Amy</i> <i>Wilhelm, Mt Valley Hospice</i>	12 <i>Valentine Party by Willow</i> <i>Brooke Nursing Home</i>	13 <i>New Horizons</i> <i>Line Dance</i>	14 <i>Home Safety</i> <i>Disaster Plan & Supplies w/</i> <i>Brenda</i> 	15 <i>Nutrition BINGO</i> <i>Medicinal & Honey Helps Heal</i> <i>Skin Ulcers (article)</i>
18 <i>Line Dance</i> <i>George Hennings Band</i>	19 <i>Smoky Mountain Behavior Cen-</i> <i>ter w/ Debbie Rochelle</i> <i>“Filling the Day w/ Meaning”</i>	20 <i>Tommy & Ardith Browder</i> <i>“Singing”</i>	21 <i>Movin & Grovin & Stretches w/</i> <i>Brenda</i>	22 <i>Home Safety “If Lights Go</i> <i>Out” (article) w/ Brenda</i>
25 <i>Line Dance</i> <i>Congregate Meeting—Likes &</i> <i>Dislikes</i>	26 <i>“Black History”</i> <i>East Bend Library w/ Susan</i> <i>Hutchens</i>	27 <i>Nutrition BINGO</i>	28 <i>Visitation</i>	



March 2013



Mon	Tue	Wed	Thu	Fri
				1 Corn Hole
4 Line Dance SC Birthday	5 Chorus BINGO	6 Line Dance BP Zumba Gold	7 Article on Avoiding Poi- son Oak & Poison Ivy	8 Stretches & Breathing Exercises
11 Line Dance Girl Scouts Allergies w/ Amy Wil- helm, Mt Valley Hospice	12 Chorus Hospice Palliative Care Center w/ Rosemary Niles	13 Line Dance New Horizons Zumba Gold	14 Show & Tell	15 St. Patrick Party 
18 Line Dance George Hennings Band	19 Chorus Smoky Mountain "It's All About Your Ap- proach" w/ Debbie Rochelle	20 Line Dance Nutrition BINGO Zumba Gold	21 Cooking & Kitchen Safety	22 Movin & Grovin
25 Line Dance Congregate Meeting Likes & Dislikes	26 Chorus EB Library "Easter Top- ic" w/ Susan Hutchens	27 Line Dance Nutrition BINGO Zumba Gold	28 Visitation	29 Good Friday - CLOSED

April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>
<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>
<i>28</i>	<i>29</i>	<i>30</i>				

May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>
<i>30</i>						

July 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>
<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>
<i>28</i>	<i>29</i>	<i>30</i>	<i>31</i>			

August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>
<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>
<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>
<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>
<i>29</i>	<i>30</i>					

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i>	<i>2</i>
<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>
<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>

December 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>
<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>
<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>
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<i>29</i>	<i>30</i>	<i>31</i>				