



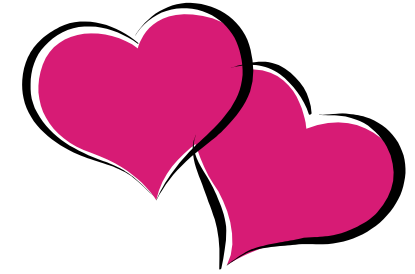
Yadkinville Senior Nutrition Center January 2013



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




Mon	Tue	Wed	Thu	Fri
1 CLOSED	2 Chorus "Smilin Feet" article on Foot Care/Health Safety w/ Brenda	3 Line Dance w/ Dot Melodies Sign A Long BP w/ Lucille Horn Zumba Gold	4 BINGO	5 Bee Stings Info/Safety article w/ Brenda
8 Line Dance "National Health Cake" w/ Amy Wilhelm, Mt. Valley Hospice	9 Chorus Wireless & Phone Questions w/ Shannon Adams, YV Telephone	10 Line Dance NH Zumba Gold	11 BINGO & Stretches	12 Planning our trip outing to Shatey Springs
15 Line Dance George Hennings Band SC Birthday Party	16 Chorus Nutrition BINGO	17 Line Dance Tommy & Ardith Browden Zumba Gold	18 Movin & Grovin	19 "Spinder Alerts" article w/ Brenda
22 Line Dance Corn Hole	23 Chorus Smoky Mtn. w/ Debbie Rochelle "Healthy Boundaries" Senior Supper	24 Line Dance Nutrition BINGO Zumba Gold	25 Movin & Grovin	26 Jokes Shared by everyone
29 Line Dance Congregate Meeting "Likes & Dislikes"	30 Chorus EB Library w/ Susan Hutchens "TBD" (Trivia)			



May 2013



Mon	Tue	Wed	Thu	Fri
		1 Line Dance Blood Pressure Checks w/ Lucille Horn Zumba Gold	2 Test Your Sodium Smart Quiz	3 Brain Teaser's Puzzle
6 Line Dance BINGO	7 Emergency Situation in Site w/ Brenda	8 Line Dance Line Dance w/ New Horizons Zumba Gold	9 Movin & Grovin Stretches	10 Corn Hole Game
13 Line Dance SC Birthday Party Blood Donations w/ Amy Wil- helm, Mt. Valley Hospice	14 Hospice & Palliative w/ Tina Steams	15 Line Dance Dot's Melodies & Sing-A- Long Zumba Gold	16 Housing Safety Checklist	17 BINGO
20 Line Dance George Hennings Band	21 Smoky Mountain w/ Deb- bie Rochelle "Effective Communication"	22 Line Dance Nutrition BINGO Zumba Gold	23 Movin & Grovin Stretches	24 Honor Veterans w/ Randy Louette
27  CLOSED Memorial Day	28 "Trivia" w/ Susan Hutchens, EB Library	29 Line Dance BINGO Zumba Gold	30 Congregate meeting Likes & Dislikes Fraud Training w/ Gilda Pruitt	31 Visitation



June 2013





Mon	Tue	Wed	Thu	Fri
<p>3 Line Dance Visitation</p>	<p>4 Summer Safety Tips Discussion</p>	<p>5 Dot Sing-a-Long BP w/ Lucille Horn Zumba Gold</p>	<p>6 11:00 AM Corn Hole Game 1:00 PM Field Trip to Senior Games</p>	<p>7 BINGO</p>
<p>10 Line Dance SC Birthday Heart Health w/ Amy Wil- helm, Mtn. Valley Hospice</p>	<p>11 Hospice Palliative Care w/ Tina Stearns</p>	<p>12 Line Dance Zumba Gold</p>	<p>13 Show & Tell</p>	<p>14 Nutrition BINGO</p>
<p>17 Line Dance George Hennings Band</p>	<p>18 Smokey Mountain Making Moments of Joy</p>	<p>19 Piedmont Together Overview w/ Rachel Bates Zumba Gold</p>	<p>20 Tornados & Drills</p>	<p>21 BINGO</p> 
<p>24 Line Dance Congregate Meeting Likes & Dislikes</p>	<p>25 Trivia w/ Susan Hutchens, East Bend Library</p>	<p>26 Movin & Groovin and Stretch- es w/ Brenda</p>	<p>27 Brain Teasers Words & Puzzles</p>	<p>28 Nutrition BINGO</p>



July 2013



Mon	Tue	Wed	Thu	Fri
1	2	3	4 CLOSED 	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		 YVEDDI YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.



August 2013



Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30



September 2013



Mon	Tue	Wed	Thu	Fri
2 CLOSED Labor Day	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				



October 2013



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



November 2013



Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11 CLOSED Veteran's Day 	12	13	14	15
18	19	20	21	22
25	26	27	28 CLOSED	29 CLOSED





December 2013



Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24 CLOSED	25 CLOSED Christmas 	26 CLOSED	27
30	31			