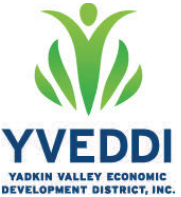




# Jonesville Senior Nutrition Center

## January 2013



Mon	Tue	Wed	Thu	Fri
	1 CLOSED	2 BINGO w/ Julia New Years Resolutions	3 Blood Pressure w/ Millie Corn Hole Game	4 Movin w/ Gail Trivia w/ Alice
7 Folic Acid Awareness	8 Nutrition w/ Peggy Rhodes Senior Supper	9 BINGO w/ Julia Circle for Fitness w/ Mila	10 Arthritis, Diabetes & Pain w/ Larry Moore, Geri Medical	11 Andy Griffith Video
14 Guitar w/ Clyde	15 Blood Pressure w/ Millie D-Rex w/ Karen Sealy	16 BINGO w/ Julia Word Search Puzzle	17 Blood Pressure w/ Millie Healthy Weight	18 Jonesville Library, Barbara Gilpin
21 CLOSED	22 Nutritional Foods w/ Peggy	23 BINGO w/ Julia Congregate Meeting	24 Friends of Bills Band	25 Arlington Fire & Rescue, Heather
28 Guitar w/ Clyde	29 Safety w/ Peggy	30 BINGO w/ Julia	31 Blood Pressure w/ Millie Checkers	

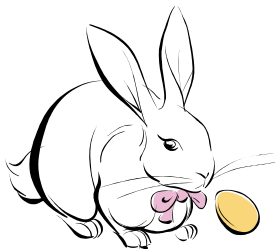


# Jonesville Senior Nutrition Center

## February 2013

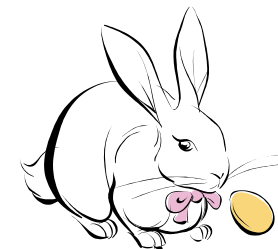


Mon	Tue	Wed	Thu	Fri
				1 -Movin w/ Gail -Trivial w/ Alice
4 Word Search Puzzle	5 Amy Whilhelm, Mtn. Valley Hospice	6 -BINGO w/ Julia -Nutrition w/ Peggy -Prayer Shawls	7 -BP w/ Millie -BINGO -Van Shopping	8 Arlington Fire & Rescue, Heather Macy
11 Guitar w/ Clyde	12 -Geri Medical Exercise for Arthritis w/ Larry Moore -Senior Supper	13 -BINGO w/ Julia -Circle for Fitness w/ Mila -Prayer Shawls	14 -BP w/ Millie -BINGO -Valentine Party 	15 Jonesville Library, Barbara Gilpin
18 Presidents w/ Peggy	19 D-Rex w/ Karen Sealy	20 -BINGO w/ Julia -Raydon w/ Marilyn Wells -Prayer Shawls	21 -BP w/ Millie -BINGO -Van Shopping	22 American Cancer Society w/ Allison Reeves
25 Guitar w/ Clyde	26 Congregate Meeting	27 -BINGO w/ Julia -Nutrition Program w/ Peggy -Prayer Shawls	28 Friends of Bills Band	



# Jonesville Senior Nutrition Center

## March 2013



Mon	Tue	Wed	Thu	Fri
				1 <i>Trivia w/ Alice</i>
4 <i>Exercise w/ Joyce</i>	5 <i>BP w/ Millie Amy Whilhelm, Mtn. Valley Hospice</i>	6 <i>BINGO w/ Julia Nutrition w/ Peggy Prayer Shawls</i>	7 <i>BINGO Van Shopping</i>	8 <i>Corn Hole Game</i>
11 <i>Guitar w/ Clyde</i>	12 <i>BP w/ Millie Nutrition w/ Peggy Senior Supper</i>	13 <i>BINGO w/ Julia Circle for Fitness w/ Mila Prayer Shawls</i>	14 <i>BINGO</i>	15 <i>Jonesville Library w/ Barbara Gilpin</i>
18 <i>Poison Prevention w/ Maxine</i>	19 <i>BP w/ Millie D-Rex w/ Karen Sealy</i>	20 <i>BINGO w/ Julia Safety w/ Peggy Prayer Shawls</i>	21 <i>BINGO Van Shopping</i>	22 <i>Checkers &amp; Puzzles</i>
25 <i>Guitar w/ Clyde</i>	26 <i>BP w/ Millie Congregate Meeting</i>	27 <i>BINGO w/ Julia Prayer Shawls</i>	28 <i>Friends of Bills Band Easter Party</i>	29  <i>CLOSED</i>





# Jonesville Senior Nutrition Center

## April 2013

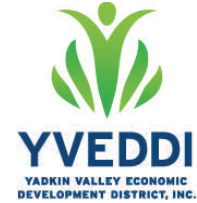


Mon	Tue	Wed	Thu	Fri
1 CLOSED	2 Stress Management w/ Amy Wilhelm, Mtn. Valley Hospice	3 BINGO w/ Julia Prayer Shawls	4 BP w/ Millie BINGO Van Shopping	5 Trivia w/ Alice
8 Radon Marilyn Wells	9 VA Scams w/ Chuck Knight Senior Supper	10 BINGO w/ Julia Circle for Fitness w/ Mila Prayer Shawls	11 BP w/ Millie BINGO	12 Corn Hole Game
15 Guitar w/ Clyde	16 Karen Sealy w/ D-Rex	17 BINGO w/ Julia Prayer Shawls	18 BP w/ Millie BINGO Van Shopping	19 Barbara Gilpin w/ Jonesville Library
22 Exercise w/ Joyce	23 Nutrition w/ Peggy	24 BINGO w/ Julia Prayer Shawls	25 Friends of Bills Band	26 Nutrition Word Search Puzzles
29 Guitar w/ Clyde	30 Safety w/ Peggy			



# Jonesville Senior Nutrition Center

## May 2013



Mon	Tue	Wed	Thu	Fri
		1 BINGO w/ Julia Prayer Shawls	2 BINGO Van Shopping	3 Trivia w/ Alice
6 Safety Program w/ Peggy	7 BP w/ Millie Amy Whilhelm, Mtn. Valley Hospice	8 BINGO w/ Julia Circle for Fitness w/ Mila Prayer Shawls	9 BINGO	10 Sodium w/ Maxine
13 Guitar w/ Clyde	14 BP w/ Millie Exercise w/ Joyce Senior Supper	15 BINGO w/ Julia Prayer Shawls	16 BINGO Van Shopping	17 Barbara Gilpin, Jonesville Library
20 Nutrition Program w/ Peggy	21 BP w/ Millie Karen Sealy, D-Rex	22 BINGO w/ Julia Prayer Shawls	23 Friends of Bills Band	24 UV Safety w/ Maxine
27 <b>CLOSED</b> Memorial Day	28 BP w/ Millie Being a Survivor w/ Kathy Chaffin	29 BINGO w/ Julia Prayer Shawls	30 BINGO	31 Corn Hole Game



# Jonesville Senior Nutrition Center

## June 2013



Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Word Search</p>	<p>4</p> <p>BP w/ Millie Fibromyalgia w/ Amy Whilhelm, Mtn. Valley Hospice</p>	<p>5</p> <p>BINGO w/ Julia Circle for Fitness w/ Mila Prayer Shawls</p>	<p>6</p> <p>BINGO</p>	<p>7</p> <p>Trivia w/ Alice</p>
<p>10</p> <p>Guitar w/ Clyde  Nutrition w/ Peggy</p>	<p>11</p> <p>BP w/ Millie  The Ozone w/ Kathy Chaffin</p>	<p>12</p> <p>BINGO w/ Julia  Prayer Shawls</p>	<p>13</p> <p>BINGO  Van Shopping</p>	<p>14</p> <p>Fire &amp; Rescue Safety w/ Heather, Arlington Fire &amp; Rescue</p>
<p>17</p> <p>Nutrition w/ Christine Greene</p>	<p>18</p> <p>BP w/ Millie  D-Rex w/ Karen Sealy</p>	<p>19</p> <p>BINGO w/ Julia  Prayer Shawls</p>	<p>20</p> <p>BINGO</p>	<p>21</p> <p>Barbara Gilpin, Jonesville Library</p> 
<p>24</p> <p>Guitar w/ Clyde  Safety w/ Peggy</p>	<p>25</p> <p>BP w/ Millie  Sitting Exercises w/ Joyce</p>	<p>26</p> <p>BINGO w/ Julia  Prayer Shawls</p>	<p>27</p> <p>Friends of Bills Band</p>	<p>28</p> <p>Checkers</p>



# Jonesville Senior Nutrition Center

## July 2013

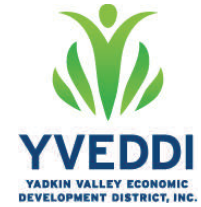


Mon	Tue	Wed	Thu	Fri
1 Ping Pong	2 BP w/ Millie Amy Whilhelm w/ Mtn. Valley Hospice	3 BINGO w/ Julia Circle for Fitness w/ Mila Prayer Shawls	4 <b>CLOSED</b> 	5 <b>CLOSED</b>
8 Guitar w/ Clyde	9 Word Search Puzzle	10 BINGO w/ Julia Prayer Shawls	11 BINGO Van Shopping	12 Trivia w/ Alice
15 Nutrition w/ Peggy	16 BP w/ Millie Karen Sealy, D-Rex	17 BINGO w/ Julia Prayer Shawls	18 BINGO	19 Barbara Gilpin, Jonesville Library
22 Guitar w/ Clyde	23 Kathy Chaffin, YVEDDI	24 BINGO w/ Julia Prayer Shawls	25 Friends of Bills Band	26 Reece & Logan, Arlington Fire & Recue
29 Safety w/ Peggy	30 BP w/ Millie Balance Exercise	31 BINGO w/ Julie Prayer Shawls		 <b>YVEDDI</b> <small>YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.</small>



# Jonesville Senior Nutrition Center

## August 2013



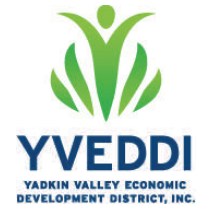
Mon	Tue	Wed	Thu	Fri
			1 BINGO	2 Nutrition Trivia w/ Alice
5 Crafts w/ Fran	6 BP w/ Millie Amy Wilhelm, Mt. Valley Hospice	7 BINGO w/ Julia Exercise w/ Mila Prayer Shawls	8 BINGO Van Shopping	9 Life Line w/ Frank Hin- son, Hugh Chatham Hospital
12 Guitar w/ Clyde	13 YVEDDI, Kathy Chaffin	14 BINGO w/ Julia Corn Hole Prayer Shawls	15 BINGO	16 Barbara Gilpin, Jonesville Library
19 Nutrition w/ Peggy	20 BP w/ Millie Karen Sealy, D-Rex	21 BINGO w/ Julia Prayer Shawls	22 Friends of Bills Band	23 Exercise
26 Guitar w/ Clyde Cataracts w/ Peggy	27 BP w/ Millie Ping Pong	28 BINGO w/ Julia Prayer Shawls	29 BINGO	30 Safety Trivia



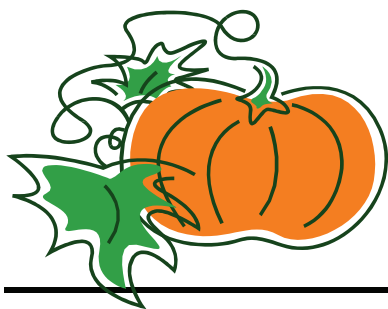


# Jonesville Senior Nutrition Center

## September 2013



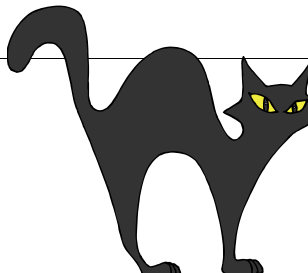
Mon	Tue	Wed	Thu	Fri
2 <b>CLOSED</b> Labor Day	3 BP w/ Millie Amy Whilhelm w/ Mtn. Valley Hospice	4 BINGO w/ Julia Pickle Ball Prayer Shawls	5 BINGO	6 Trivia w/ Alice
9 Guitar w/ Clyde & Harvey	10 Exercise w/ Joyce	11 BINGO w/ Julia Pickle Ball Prayer Shawls	12 BINGO Van Shopping	13 Eye Safety
16 Fruits & Veggies w/ Peggy	17 BP w/ Millie Karen Sealy w/ D-Rex	18 BINGO w/ Julia Corn Hole Prayer Shawls	19 BINGO	20 Barbara Gilpin w. Jonesville Library
23 Guitar w/ Clyde & Harvey	24 Medicare Fraud w/ Gilda Pruitt	25 BINGO w/ Julia Prayer Shawls	26 Friends of Bills Band	27 Stretching Exercises
30 Safety w/ Peggy				

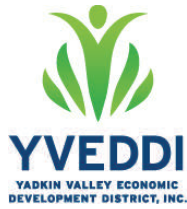


# Jonesville Senior Nutrition Center

## October 2013



Mon	Tue	Wed	Thu	Fri
	1 BP w/ Millie Amy Wilhelm w/ Mt. Valley Hospice	2 BINGO w/ Julia Pickle Ball Prayer Shawls	3  BINGO	4  Nutrition Trivia w/ Alice
7  Crafts w/ Fran	8  BP w/ Millie Exercise w/ Joyce	9  BINGO w/ Julia Pickle Ball Prayer Shawls	10  BINGO	11  Fire Prevention w/ Heather, Arlington Fire & Rescue
14  Music w/ Clyde & Harvey	15  BP w/ Millie Karen Sealy w/ D-Rex	16  BINGO w/ Julia Corn Hole Prayer Shawls	17  BINGO	18  Barbara Gilpin, Jonesville Library
21  Nutrition w/ Peggy	22  BP w/ Millie Domestic Violence	23  BINGO w/ Julia Pickle Ball Prayer Shawls	24  Friends of Bills Band	25  Walking
28  Music w/ Clyde & Harvey	29  BP w/ Millie Safety w/ Peggy	30  BINGO w/ Julia Pickle Ball Prayer Shawls	31 <i>Halloween</i>  Halloween Party	

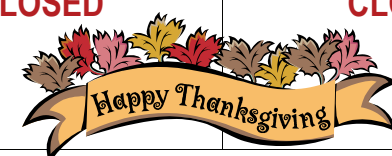


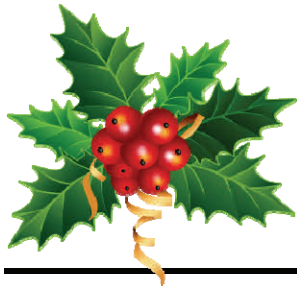
# Jonesville Senior Nutrition Center

## November 2013



Mon	Tue	Wed	Thu	Fri
				1 Stretching Exercises
4 Crafts w/ Fran	5 CLOSED	6 BINGO w/ Julia Pickle Ball Prayer Shawls	7 BINGO	8 Safety Trivia w/ Alice
11 <b>CLOSED</b> Veterans Day 	12 Exercise w/ Joyce	13 BINGO w/ Julia Pickle Ball Prayer Shawls	14 Nutrition BINGO w/ Amy Wilhelm	15 Barbara Gilpin, Jonesville Library
18 Music w/ Clyde & Harvey	19 BP w/ Millie Karen Sealy, D-Rex	20 BINGO w/ Julia Pickle Ball Prayer Shawls	21 BINGO	22 Word Search Puzzle
25 Health w/ Peggy	26 Nutrition w/ Marilyn Wells	27 BINGO w/ Julia Pickle Ball Prayer Shawls	28 <b>CLOSED</b>	29 <b>CLOSED</b>





# Jonesville Senior Nutrition Center December 2013



Mon	Tue	Wed	Thu	Fri
2 Crafts w. Fran	3 BP w/ Millie Amy Wilhelm w/ Mt Valley Hospice	4 BINGO w/ Julia Pickle Ball Prayer Shawls	5 BINGO	6 Trivia w/ Alice
9 Music w/ Clyde & Harvey	10 BP w/ Millie Exercise w/ Joyce	11 BINGO w/ Julia Pickle Ball Prayer Shawls	12 BINGO	13 Nutrition w/ Marilyn Wells
16 Safety w/ Peggy	17 BP w/ Millie Karen Sealy w/ D-Rex	18 BINGO w/ Julia Pickle Ball Prayer Shawls	19 Christmas Party w/ Red Hatters	20 Safety w/ Barbara Gilpin, Jonesville Library
23 <b>CLOSED</b>	24 <b>CLOSED</b> Christmas Eve	25 <b>CLOSED</b> Christmas	26 <b>CLOSED</b>	27 <b>CLOSED</b>
30 Walking	31 Nutrition w/ Peggy			