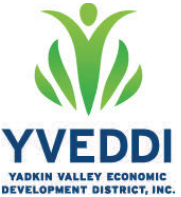




Yadkinville Senior Nutrition Center

January 2013



Mon	Tue	Wed	Thu	Fri
	1 CLOSED	2 Exercise Walking, Leg, Arm Move- ments w/ B. Hall	3 Senior Chorus w/ Cindy McCullum	4 Coupon Day All Clients
7 Senior Nutrition BINGO w/ Mildred Phillips	8 Blood Pressures w/ Amy Wilhelm/Reba Hollins, Mt Valley Hospice	9 Young At Heart Club Meeting Virginia Taylor	10 Over The Counter Drugs w/ Doris Wetherholt	11 Nutrition Word Search W/ K. Benge
14 Senior Hygiene BINGO w/ Mildred Phillips	15 George Hennings Singers	16 NC Home Extension w/ Marilyn Wells	17 Senior Chorus w/ Cindy McCullum	18 Health Counting Calories w/ B. Hall
21 CLOSED	22 Chamber of Commerce w/ B. Todd	23 Food For Thought w/ Kathleen Speaks	24 Safety Fire Drill & Yadkin County Fire Dept.	25 Getting Rid of the Blues All Clients
28 Senior BINGO w/ Mildred Phillips	29 Home Remedies with Household Products w/ L. Gilliam	30 Why the Need For Exercise w/ L. Gilliam	31 Scam Artist by Telephone w/ B. Hall	



February 2013



Mon	Tue	Wed	Thu	Fri
				1
4 <i>Senior BINGO w/ M/ Phillips</i>	5 <i>Reading/Story Telling w/ Reba Hollingsworth</i>	6 <i>Exercise/Walking w/ B. Hall</i>	7 <i>Senior Chorus w/ Cindy McCullon</i>	8 <i>Coupon Day (All Clients)</i>
11 <i>Nutrition BINGO w/ M. Phillips</i>	12 <i>Blood Pressure w/ Amy Wilhelm, Mt Valley Hospice</i>	13 <i>Young at Heart Meeting w/ Jenny Taylor</i>	14 <i>Valentine Day Party (all clients)</i> 	15 <i>Eat Food Low in Salt w/ K. Benge</i>
18 <i>Healthy Eating BINGO w/ M. Phillips</i>	19 <i>Singing/Music</i>	20 <i>Exercise Arms & Legs w/ B. Hall</i>	21 <i>Senior Chorus w/ Cindy McCullon</i>	22 <i>Safety Tips w/ Doris Whetherholt</i>
25 <i>Hygiene BINGO w/ M. Phillips</i>	26 <i>Chamber of Commerce w/ B. Todd</i>	27 <i>Liven Up Meals with Vegetables w/ Kathleen Speaks</i>	28 <i>Fellowship and Word Search (all clients)</i>	



March 2013




Mon	Tue	Wed	Thu	Fri
				1 Coupon Day All Clients
4 Hygiene BINGO w/ M Phillips	5 Reading/Stories w/ Re- ba Hollingsworth	6 Exercise - Walking, Arm & Leg Movement w/ B. Hall	7 Senior Chorus w/ Cindy McCullum	8 Doris Weatherholt
11 Nutrition BINGO w/ M. Phillips	12 Blood Pressure w/ Amy Wilhelm, Mt. Valley Hos- pice	13 Young at Heart meeting w/ J. Taylor	14 Yadtel Information w/ Shawn Adams	15 St Patrick Day Program w/ Amy Wilhelm 
18 Senior BINGO w/ M. Phillips	19 Music/Singing w/ Terry Draugham	20 Exercise - Walking, Arms & Leg Movement w/ B. Hall	21 Senior Chorus w/ Cindy McCullum	22 Senior Games w/ L. Gilliam
25 Safety BINGO w/ M. Phillips	26 Chamber of Commerce w/ B. Todd	27 Safety When Shopping w/ K. Speaks	28 Fellowship/Word Searching - eye exercise w/ K. Benge	29 Good Friday - CLOSED



April 2013



Mon	Tue	Wed	Thu	Fri
1 CLOSED	2 Reading Story Telling w/ Reba Hollingsworth	3 Exercise Walking/Arms & Leg Move- ment w/ B. Hall	4 Senior Chorus w/ Cindy McCullum	5 A Healthier You -Winter Wellness w/ B. Hall
8 Senior BINGO Hygiene w/ M. Phillips	9 Blood Pressure w/ Amy Wilhelm, Mt. Valley Hospice	10 Young at Heart meeting Jenny Taylor	11 Food Handling is Risky Busi- ness w/ L. Gilliam	12 Fun Day Sharing All Clients
15 Healthy BINGO w/ M. Phillips	16 Music & Singing w/ Jerry Draugan	17 4 Steps to Eating Healthy in Winter w/ Kathleen Speaks	18 Senior Chorus w/ Cindy McCullum	19 Nutrition w/ Amy Wilhelm, Mt. Valley Hospice
22 Eye Exercise BINGO w/ M. Phillips	23 Chamber of Commerce Meeting w/ B. Todd	24 Exercise Walking/ Arm & Leg Move- ment w/ B. Hall	25 Helpful Hints about Baby Aspirin w/ B. Hall	26 Wellness Program w/ Cari O'Brian
29 Senior Nutrition BINGO w/ M. Phillips	30 Fellowship and Sharing All Clients			 YVEDDI <small>YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.</small>

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
					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

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>
<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>				