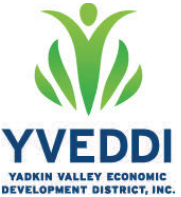




# Yadkinville Senior Nutrition Center

## January 2013



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



# February 2013



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



# March 2013



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



# April 2013





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



# May 2013




| Mon   | Tue  | Wed   | Thu   | Fri   |
|---|--|---|---|---|
|                                        |  | 1<br>Exercise<br>Arm & Leg<br>Walking w/ B. Hall    | 2<br>Senior Chorus w/ Cindy<br>McCullum                                   | 3<br>Spring Forward Gardening w/<br>B. Hall                 |
| 6<br>Senior BINGO<br>Hygiene w/ B. Hall   | 7<br>Reading/Storytelling w/ Reba<br>Hollingsworth           | 8<br>Young at Heart Meeting w/<br>Jenny Taylor      | 9<br>Safety w/ L. Gilliam   | 10<br>Fun Day-Sharing<br>All Participants                   |
| 13<br>Senior Nutrition BINGO w/ M.<br>Williams  | 14<br>Blood Pressure w/ Amy Wil-<br>helm, Mt. Valley Hospice | 15<br>Exercise<br>Eye & Hand Movement w/ B.<br>Hall | 16<br>Senior Chorus w/ Cindy<br>McCullum                                  | 17<br>Healthy Living w/ Amy Wil-<br>helm, Mt Valley Hospice |
| 20<br>Senior Fun BINGO w/ M. Wil-<br>liams  | 21<br>Music & Singing w/ Jerry<br>Draughn                    | 22<br>Word Search w/ Kathleen<br>Speaks             | 23<br>What's with the Birds<br>See How Many You Can<br>Name – All Clients | 24<br>Wellness for Seniors w/ Cara<br>O'Brien               |
| 27<br> <b>CLOSED</b><br>Memorial Day | 28<br>Chamber of Commerce w/ B.<br>Todd                      | 29<br>Flowers of NC w/ D. Wether-<br>holt           | 30<br>Wacky Wordies<br>Revis Ted Remembrance w/<br>B. Hall                | 31<br>Summer Soft Fruits w/ B.<br>Clark                     |



# June 2013





| Mon                                    | Tue  | Wed  | Thu   | Fri   |
|--|--|--|---|---|
| 3<br>Nutrition BINGO w/ M. Williams    | 4<br>Reading & Storytelling w/ Reba Hollingsworth                                      | 5<br>Arm & Leg Exercises w/ B. Hall              | 6<br>Senior Chorus w/ Cindy McMurry                                 | 7<br>Couponing Day<br>All Clients   |
| 10<br>Healthy BINGO w/ M. Williams     | 11<br>Blood Pressure w/ Amy Wilhelm . Mt Valley Hospice<br><br>Safety w/ Debbie Pilson | 12<br>Eye & Hand Exercises                       | 13<br>Tornado Safety w/ Allen Dunn, Yadkin Co Fire Dept.            | 14<br>Pancake Breakfast<br><br>Congregate Closed  |
| 17<br>Wellness Program w/ Tara O'Brien | 18<br>Singing & Music w/ George Hennings Band  | 19<br>Listening & Eye Exercise w/ B. Hall        | 20<br>Senior Chorus w/ Cindy McMurry                                | 21<br>Wellness Program w/ Tara O'Brien<br><br> |
| 24<br>Hygiene BINGO w/ M. Williams     | 25<br>Chamber of Commerce w/ B. Todd   | 26<br>Stretching & Exercise Equipment w/ B. Hall | 27<br>Canning & Freezing Foods: Who Still does this?<br>All Clients | 28<br>Fun & Games<br>All Clients  |



# July 2013



| Mon | Tue | Wed | Thu  | Fri  |
|-----|-----|-----|--|--|
| 1   | 2   | 3   | 4<br>CLOSED<br> | 5  |
| 8   | 9   | 10  | 11   | 12   |
| 15  | 16  | 17  | 18   | 19   |
| 22  | 23  | 24  | 25   | 26   |
| 29  | 30  | 31  |  | <br><b>YVEDDI</b><br>YADKIN VALLEY ECONOMIC<br>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<br><b>CLOSED</b><br>Labor Day | 3   | 4   | 5   | 6   |
| 9                               | 10  | 11  | 12  | 13  |
| 16                              | 17  | 18  | 19  | 20  |
| 23                              | 24  | 25  | 26  | 27  |
| 30                              |     |     |     |     |



# October 2013




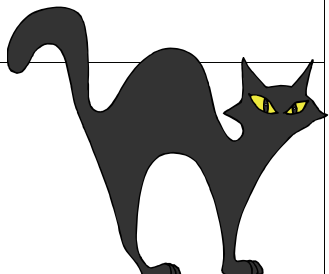
Mon

Tue

Wed

Thu

Fri

|   |    |    |              |   |
|---|----|----|--------------|---|
| <br>YVEDDI<br>YADKIN VALLEY ECONOMIC<br>DEVELOPMENT DISTRICT, INC. | 1  | 2  | 3            | 4   |
| 7   | 8  | 9  | 10           | 11  |
| 14  | 15 | 16 | 17           | 18  |
| 21  | 22 | 23 | 24           | 25  |
| 28  | 29 | 30 | 31 Halloween |  |

# November 2013

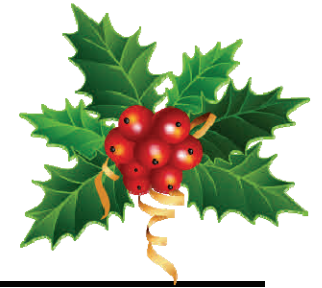


| Mon  | Tue | Wed | Thu                 | Fri                 |
|--|-----|-----|---------------------|---------------------|
|   |     |     |                     | 1                   |
| 4  | 5   | 6   | 7                   | 8                   |
| 11<br><b>CLOSED</b><br>Veteran's Day<br> | 12  |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





# December 2013



| Mon | Tue                                  | Wed   | Thu                 | Fri   |
|-----|--------------------------------------|---|---------------------|---|
| 2   | 3                                    | 4   | 5                   | 6   |
| 9   | 10                                   | 11  | 12                  | 13  |
| 16  | 17                                   | 18  | 19                  | 20  |
| 23  | 24<br><b>CLOSED</b><br>Christmas Eve | 25<br><b>CLOSED</b><br>Christmas  | 26<br><b>CLOSED</b> | 27  |
| 30  | 31                                   |  |                     |  |