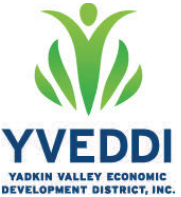




# Yadkinville Senior Nutrition Center

## January 2013



Mon	Tue	Wed	Thu	Fri
	1 <b>CLOSED</b>	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 <b>CLOSED</b>	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 &amp; 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 Yattel 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 - <b>CLOSED</b>



# April 2013





Mon	Tue	Wed	Thu	Fri
1 <b>CLOSED</b>	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			



# May 2013




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



# June 2013




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



# July 2013



Mon	Tue	Wed	Thu	Fri
1 Senior BINGO w/ M. Williams	2 Reading & Storytelling w/ Reba Hollingsworth	3 4th of July Program and Party	4 <b>CLOSED</b> 	5 <b>CLOSED</b>
8 Healthy BINGO w/ M. Williams	9 Blood Pressures w/ Amy Wilhelm, Mt. Valley Hospice	10 Arm & Leg Exercise w/ B. Hall	11 Maintain Good Health—Drink More Water w/ D. Wetherholt	12 Couponing Day All Clients
15 Hygiene BINGO w/ M. Williams	16 Singing & Music w/ G. Hennings 	17 Ear & Eye Exercise w/ B. Hall	18 Good Housekeeping Practices w/ B. Hall	19 CLOSED for Silent Auction YCSC
22 Senior BINGO w/ M. Williams	23 Chamber of Commerce Meeting w. B. Todd	24 Word Game Exercise All Clients	25 Safety in Number w/ K. Speaks	26 Fun Day for Seniors w/ B. Hall
29 Senior BINGO w/ M. Williams	30 Eat More Fiber w/ L. Gilliam	31 Fellowship All Clients		 <b>YVEDDI</b> YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.



# August 2013




Mon	Tue	Wed	Thu	Fri
			1 Keep a Healthy Weight w/ B. Hall	2 Coupon Day All Clients
5 Senior BINGO w/ M. Williams	6 Reading & Storytelling w/ Reba Hollingsworth	7 Exercise Walking w/ B. Hall	8 Good Housekeeping Practices Safety w/ K. Speaks	9 Take Out Foods w/ B. Hall
12 Healthy BINGO w/ M. Williams	13 Blood Pressures w/ Amy Wilhelm, Mt. Valley Hos- pice	14 Laser Therapy w/ Sarah Miller	15 Young at Heart w/ Jenny Taylor	16 Health Program w/ Amy Wilhelm, Mt. Valley Hos- pice
19 Nutrition BINGO w/ M. Williams	20 Music & Singing w/ George Hennings	21 Arm & Leg Exercise w/ B. Hall	22 Famous B's All Clients Word Search	23 Fellowship w/ Cathy General
26 Fun BINGO w/ M. Wil- liams	27 Chamber of Commerce B. Todd	28 Eye & Ear Exercise w/ B. Hall	29 Lawn & Garden Care Discussion All Clients	30 Fun Day All Clients





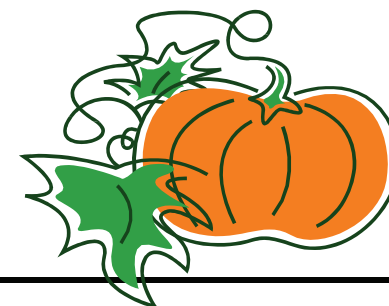
# September 2013



Mon	Tue	Wed	Thu	Fri
2 <b>CLOSED</b> Labor Day	3 Reading & Storytelling w/ Reba Hollingsworth	4 Laser Therapy w/ Sarah Miller	5 Senior Chorus w/ Sandy McMurray	6 Coupon Day as shopping All Clients
9 Nutrition BINGO w/ M. Williams	10 Blood Pressures w/ Amy Wilhelm, Mt. Valley Hospice	11 Walking for your Health w/ B. Hall	12 Driving Program for Sen- iors w/ Kevin Henley	13 Young at Heart meeting w/ Virginia Taylor
16 Healthy BINGO w/ M. Williams	17 Music & Singing w/ George Hennings	18 Cholesterol Quiz w/ Kath- leen Speaks	19 Senior Chorus w/ Sandy McMurray	20 Health Issues w/ Amy Wilhelm
23 Hygiene BINGO w/ M. Williams	24 Chamber of Commerce meeting w/ Bobby Todd	25 Arm & Leg Movements w/ B. Hall	26 What's your sun safety IQ? w/ Doris Wetherholt	27 Fun Day All participants
30 Fun BINGO w/ M. Williams				



# October 2013



Mon	Tue	Wed	Thu	Fri
	1 Reading/Story Telling w/ Re-ba Hollingsworth	2 All Clients Leg & Arm Exercise	3 Senior Chorus w/ Sandy McMurray	4 All Clients Coupon Day Shopping
7 Nutrition BINGO w/ Margie Williams	8 Blood Pressures w/ Amy Wilhelm, Mt. Valley Hospice	9 Young at Heart meeting w/ Jenny Taylor	10 Helen Dunn Fire Drill Yadkin Valley Fire Dept.	11 Fall of the Year Discussions w/ B. Hall
14 Healthy BINGO w/ M. Williams	15 Music & Singing w/ George Hennings Birthday Party	16 Fun Time Exercise w/ B. Hall	17 Senior Chorus w/ Sandy McMurray	18 Flu Issues w/ Amy Wilhelm, Mt. Valley Hospice
21 Senior BINGO w/ M. Williams	22 Chamber of Commerce Bobby Todd	23 October Festivals Doris Wetherholt	24 Winterization of your Car w/ Robbie Cain	25 All Clients Fun Day
28 Hygiene BINGO w/ M. Williams	29 Cholesterol Quiz w/ Kathleen Speaks	30 Walking Exercise w/ B. Hall	31 <b>Halloween</b>  All Participants Halloween Party	

# November 2013

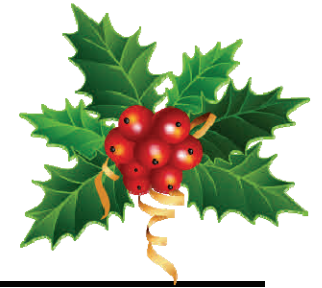


Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11 <b>CLOSED</b> Veteran's Day 	12	13	14	15
18	19	20	21	22
25	26	27	28 <b>CLOSED</b>	29 <b>CLOSED</b>





# December 2013



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