

# YADKIN VALLEY SENIOR CENTER

## THE VOICE: ISSUE 4



A North Carolina Senior Center of Excellence

August 2014

## Important Announcements

**SENIOR SUPPER** — Every second Tuesday @ 5:00 p.m. Bring your own covered dish and join the fellowship!

**BLOOD PRESSURE CHECKS** — Every Tuesday @ 11:15. At no cost to you!

**BINGO** — Every Wednesday and Thursday. Bring change to play on Wednesday. Thursday is free.

**NEW BOOK CLUB** — We will be holding an interest meeting on AUGUST 11th @ 1:00 to discuss ideas of beginning a new book club at the senior center.

**PRAYER SHAWL GROUP** — This group meets every Wednesday @ 12:30. Drop by and check out their work, learn how to knit or crochet, or become a member of the group. The shawls that are made are given to Mountain Valley Hospice patients.

**QUILTING**— Every Monday at 12:30. Join this group to learn skilled quilting techniques, gather new ideas, or participate with group projects.

**HEALTH FAIR**— August 20 from 10-2 at the senior center. This FREE event will be hosted by Parkwood Place of Elkin. Come out and take advantage of this opportunity to get informed about local agencies in our community!

**WOO-BALL**— What is woo-ball, you ask? You have to be at the senior center on August 18th at 10:30 to find out!

If you have any questions, concerns, comments or ideas, please feel free to contact: Jennifer Hemric at (336) 526-1087 or [jhemric@yveddi.com](mailto:jhemric@yveddi.com).



## Reminders & Updates

\*The fitness room is open Monday-Friday 8:00 a.m - 4:30 p.m. There is no cost to use the fitness room.

\*Computer lessons are available upon request. Contact Jennifer to set up an appointment.

\*Rook cards and UNO cards are now available. Bring a friend or two and drop by to pass a little time! Cards are available during business hours.

\*Have any suggestions of new activities that you would like to see? Let Jennifer or Tracey know and we will do our best to meet your request! The senior center is YOURS and we are here to make it the best it can be!



Yadkin Valley Senior Center

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# August 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Lunch is served daily at 11:30 for ages 60 &amp; older. See Tracey Anderson, Nutrition Site Manager to register.</b></p>				<p><b>1</b></p> <p>11:00 Trivia w/ Alice</p>
<p><b>4</b></p> <p>11:00 Safety w/ Peggy</p> <p>12:30 Quilting</p> <p>12:30 Bible Study</p>	<p><b>5</b></p> <p>8:00 Hearing Screening</p> <p>10:30 Aerobic Exercise</p> <p>11:00 Amy Wilhelm w/ Mtn. Valley Hospice</p> <p>11:15 Blood Pressure Checks</p>	<p><b>6</b></p> <p>10:00 Bingo</p> <p>10:30 David Simms w/ United Healthcare</p> <p>10:30 Pickle-ball</p> <p>12:30 Prayer Shawls</p> <p>12:30 Rook</p>	<p><b>7</b></p> <p>9:00 Sewing</p> <p>10:00 Bingo</p> <p>11:00 Yadkin Valley Home Health Exercises</p> <p>7:30 Yadkin Valley Trail Riders</p>	<p><b>8</b></p> <p>9:00 Scrapbooking</p> <p>10:30 Art Class w/ Donna Williams</p>
<p><b>11</b></p> <p>11:00 Harvest Time Gospel Singers</p> <p>12:30 Quilting</p> <p>1:00 NEW Book Club Interest Meeting</p>	<p><b>12</b></p> <p>10:30 Aerobic Exercise</p> <p>11:00 Karen w/ D-Rex</p> <p>11:15 Blood Pressure Checks</p> <p>5:00 Senior Supper</p>	<p><b>13</b></p> <p>10:00 Bingo</p> <p>11:00 Duke Energy Retirees</p> <p>11:00 Crissy w/ Home Instead</p> <p>12:30 Prayer Shawls</p>	<p><b>14</b></p> <p>9:00 Sewing</p> <p>10:30 Moana Crompton w/ Red Cross</p> <p>1:00 Book Club at Parkwood</p>	<p><b>15</b></p> <p>10:30 Kendal Privette: Missionary Wycliffe Bible Translator</p>
<p><b>18</b></p> <p>10:30 Woo-Ball</p> <p>11:00 Nutrition w/ Peggy</p> <p>11:30 Birthday Party</p> <p>12:30 Quilting</p>	<p><b>19</b></p> <p>10:30 Aerobic Exercise</p> <p>11:00 David w/ Yadtel Senior Security Systems Lifeline Program</p> <p>11:15 Blood Pressure Checks</p>	<p><b>20</b></p> <p>10:00 Bingo</p> <p>10:30 Pickle-ball</p> <p>11:00 Marion w/ Wellness Pool at Hugh Chatham</p> <p>12:30 Prayer Shawls</p> <p style="text-align: center;"><b>HEALTH FAIR 10-2</b></p>	<p><b>21</b></p> <p>9:00 Sewing</p> <p>10:00 Bingo</p> <p>11:00 Dep. Sherriff Sharon Diaz: Crime Prevention</p>	<p><b>22</b></p> <p style="text-align: center;"><b>River Boat Day Trip</b></p> 
<p><b>25</b></p> <p>11:30 Emily w/ Hugh Chatham: Presentation on A-Fib</p> <p>12:30 Quilting</p>	<p><b>26</b></p> <p>10:30 Aerobic Exercise</p> <p>11:00 Weatherization w/ Mary Hutchens</p> <p>11:15 Blood Pressure Checks</p>	<p><b>27</b></p> <p>10:30 Heart Healthy Program w/ Certified Dietician</p> <p>10:30 Pickle-ball</p> <p>12:30 Prayer Shawls</p>	<p><b>28</b></p> <p>9:00 Sewing</p> <p>10:30 Friends of Bill Band</p>	<p><b>29</b></p> <p>11:00 SHIIP Program w/ Gilda</p>