

## March 2013 Yadkin Valley Senior Center & Jonesville Nutrition Site 336-526-1087

Mission Statement: To enhance the quality of life for senior adults

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 7:00 AM-7:00 PM Free Talk-to-a-Lawyer Day 11:00 Trivia with Alice 11:30 Lunch
<b>4</b> 9:00 Coupon Swap 11:00 Program: Exercise with Joyce 11:30 Lunch 12:30 Quilting 3:00 Tai Chi 5:30 Strengthening Families	<b>5</b> 9:00 Best Value Hearing Screenings 10:30 Exercise 11:00 Blood Pressure Screenings 11:30 Lunch 11:30 Program: Mtn. Valley Hospice (Amy) 12:00 VITA	<b>6</b> 10:00 Bingo 11:30 Program: Nutrition 11:30 Lunch 12:30 Prayer Shawls	<b>7</b> 9:00 Scrapbooking 10:45 Bingo 11:00 ENP Shopping 11:30 Lunch 12:30 Sewing 7:30 Yadkin Valley Trail Riders	<b>8</b> 10:00 Corn hole 11:30 Lunch
<b>11</b> 10:30 Guitar with Clyde 11:30 Lunch 12:30 Quilting 3:00 Tai Chi 5:30 Strengthening Families 8:00 PM: Couponing 101	<b>12</b> 10:30 Exercise 11:00 Blood Pressure Screenings 11:30 Lunch 11:30 Program: Nutrition 12:00 VITA 5:30 Senior Supper	<b>13</b> 10:00 Bingo 11:00 Program: Exercise with Mila from Circle for Fitness 11:30 Lunch 12:30 Prayer Shawls	<b>14</b> 10:45 Bingo 11:00 ENP Shopping 11:30 Lunch 12:30 Sewing 1:00 Book Club	<b>15</b> 11:30 Lunch 11:30 Program: Barbara Gilpin, JNSV Library 12:00 St. Patrick's Party  <b>16 (Saturday)</b> 9:00 Couponing 101
<b>18</b> 11:30 Lunch 11:30 Program: Poison Prevention 12:30 Quilting 1:30 Look Good Feel Better 3:00 Tai Chi 5:30 Strengthening Families	<b>19</b> 10:30 Exercise 11:00 Blood Pressure Screenings 11:30 Lunch 11:30 Program: Karen Sealy, D-Rex Pharmacy 12:00 VITA	<b>20</b> 10:00 Bingo 11:30 Lunch 11:30 Program: Safety 12:30 Prayer Shawls	<b>21</b> 11:00 ENP Shopping 11:30 Lunch 12:30 Sewing 5:00 DEADLINE TO REGISTER FOR YADKIN VALLEY SENIOR GAMES	<b>22</b> 11:00 Checkers & Puzzles 11:30 Lunch
<b>25</b> 11:00 Guitar with Clyde 11:30 Lunch 12:30 Quilting 3:00 Tai Chi 5:30 Strengthening Families	<b>26</b> 10:30 Exercise 11:00 Blood Pressure Screenings 11:30 Lunch 12:00 Congregate Meeting 12:00 VITA	<b>27</b> 10:00 Bingo 11:30 Lunch 12:30 Prayer Shawls	<b>28</b> 10:30 Band 11:00 ENP Shopping 11:30 Lunch 12:00 Easter Party 12:00 Drawing for Wal-Mart Gift Card for ENP 12:30 Sewing	<b>29</b> <b>Closed</b>