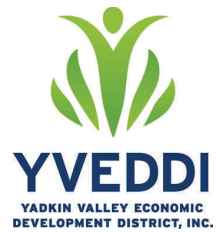


YADKIN VALLEY SENIOR CENTER

THE VOICE: ISSUE 2



A North Carolina Senior Center of Excellence

June 2014

Information and Referral

Fitness Health Promotion
Senior Games
Family Support Groups
Transportation Medical/General
Caregivers Classes
Energy Assistance
Home Repair/ Modification
Medicaid/Medicare Benefits
Job Training Placement
Telephone Reassurance
Disaster Services
Long-term Care Facilities
Rehabilitation Services
Durable Medical Equipment Asst. Device
Health Screenings
Food Distribution
Tax Preparation Counseling



Come take advantage of the community garden! It is here for YOU. We have onions, cilantro, sweet mint, and oregano that is ready to pick!

Important Announcements

June 3rd - Shatley Springs Day Trip: includes transportation, breakfast, tax, tip, and ice cream. After breakfast we will stop by the cheese factory in Jefferson, then stop by Wilkesboro for an ice cream sundae at McDonald's.

June 6th—Yard Sale at Yadkinville Senior Center
8:00 am-1:00 pm

June 12th - Silver Arts Show: at Surry Community College. Social at 3:30PM Show starts at 5PM. Enjoy a talent show and see handmade arts by our local seniors. Free Admission

June 19th - Masquerade Prom: \$5 includes catered meal and live music by the Stan Bobbitt Band. Sabika necklace to be raffled off! Tickets are \$1.

June 27th - Seagrove Pottery: \$10 includes transportation.

We will be closed July 4th for holiday, and July 15th for voting



*Happy
Father's
Day*

June 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 Crafts with Fran 11:00 Pro-Fit Foot care 11:30 Lunch 12:30 Bible Study 12:30 Quilting 5:30 Zumba Gold</p>	<p>3</p> <p>Day trip to Shatley Springs 8:00 Best Value Hearing Screenings 10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:30 Lunch 11:30 Mountain Valley Hospice Presentation</p>	<p>4</p> <p>10:00 Pickle-Ball 10:00 Bingo 11:00 Safety In The Home Fall Prevention w/ Debbie Pilso 11:30 Lunch 12:30 Prayer Shawls</p>	<p>5</p> <p>9:00 Sewing 10:00 Bingo 11:00 "Better Choice" Nutrition Class w/ Marilyn Wells 11:30 Lunch 7:30 Yadkin Valley Trail Riders</p>	<p>6</p> <p>11:00 Trivia w/ Alice 11:30 Lunch</p>
<p>9</p> <p>11:00 Singing w/ Hank Campbell 11:30 Lunch 12:30 Quilting 5:30 Zumba Gold</p>	<p>10</p> <p>10:30 Aerobic Exercise 10:30 Blood Pressure Checks 11:30 Lunch 11:30 D-Rex Presentation 5:30 Senior Supper</p>	<p>11</p> <p>10:00 Pickle-Ball 10:00 Bingo 11:00 Kenny Gunn Singing 11:30 Lunch 12:30 Prayer Shawls</p>	<p>12</p> <p>9:00 Sewing 11:00 "Better Choice" Nutrition Class w/ Marilyn Wells 11:30 Lunch 1:00 Book Club</p>	<p>13</p> <p>10:30 Family Feud 11:30 Lunch</p>
<p>16</p> <p>10:30 Music w/ Clyde & Harvey 11:30 Lunch 12:30 Quilting 5:30 Zumba Gold</p>	<p>17</p> <p>10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:00 "Share Your Memories" 11:30 Lunch</p>	<p>18</p> <p>10:00 Pickle-Ball 10:00 Bingo 10:45 Home Instead Senior Care Presentation 11:30 Lunch 12:30 Prayer Shawls</p>	<p>19</p> <p>9:00 Sewing 11:00 "Better Choice" Nutrition Class w/ Marilyn Wells 11:30 Lunch 6:00-8:00 Prom</p>	<p>20</p> <p>10:00 Games/Puzzles/ Corn hole 11:30 Lunch</p>
<p>23</p> <p>11:30 Lunch 11:30 Nutrition w/ Peggy 12:30 Quilting 5:30 Zumba Gold</p>	<p>24</p> <p>10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:00 Thanks To Calvary Trio Concert 11:30 Lunch</p>	<p>25</p> <p>10:00 Pickle-Ball 10:00 Bingo 11:00 Ice Cream Social w/ David Simms 11:30 Lunch 12:30 Prayer Shawls</p>	<p>26</p> <p>9:00 Sewing 10:30 Friends of Bill Band 11:00 "Better Choice" Nutrition Class w/ Marilyn Wells 11:30 Lunch</p>	<p>27</p> <p>Day trip to Seagrove Pottery Asheville, NC 10:30 Birthday Party 11:30 Lunch</p>
<p>30</p> <p>11:30 Lunch 11:30 Safety Class w/ Peggy (Fire/Tornado) 12:30 Quilting 5:30 Zumba Gold</p>		<p>Lunch served Monday-Friday at 11:30 a.m. for ages 60 and older.</p> <p>Registration required.</p> <p>See Nutrition Site Manager, Tracey Anderson, to pre-registered.</p>	<p>If interested in learning computer basics, see Jennifer to make an afternoon appointment...at NO CHARGE to you!</p>	<p>Don't forget! The fitness room is open! It is free to use from 8:00-4:30. Donations are accepted.</p>



Mission Statement: "To Enhance the Quality of life for Older Adults"

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