



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
- Legal Services
- Respite Housing
- Adult Day Care/Day Health
- Reverse Mortgage Counseling
- Home Health Services
- In-home Aide Services
- Hospice Care
- Social Security Benefits
- Community Mental Health
- Congregate/Home Delivered Meals
- Insurance Counseling
- Report Suspected Abuse, Neglect or Exploitation

Important Announcements

NEW: Zumba Gold: Every Monday at 5:30

NEW: Bible Study: First Monday of every month at 12:30

Fundraiser Fun:

We are making a cookbook! Bring your recipes to Jennifer to help contribute!

Dates to REMEMBER:

- May 1: Scrapbooking 9:00
- May 3: Jonesville Jubilee
- May 5: Bible Study 12:30
- May 12: Spring Cleaning Day 9:00-11:30
- May 22: Sock Hop at Yadkin County Senior Center 6:00-8:00pm

Stay Tuned for...

- June 3: TRIP to Shatley Springs
- June 6: Yard Sale at Yadkin County Senior Center
- June 19: Senior Prom 6:00-8:00pm
- June 27: TRIP to Seagrove Pottery \$10
- **Other Information:** The senior center is opening a fitness center. We need donations of fitness equipment. Please call Jennifer if you or anyone you know has equipment they would like to donate.



Come by the Yadkin Valley Senior Center and check out the new standing garden! So far, we are growing asparagus and onions! Come plant your favorite veggie for all to enjoy!

Fun fact: The senior center has a new Director & Nutrition Site Manager! Stop



May 2014

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch served Monday-Friday at 11:30 a.m. for ages 60 and older. Registration required. See Tracey Anderson, Nutrition Site Manager to pre-register.			1 9:00 Scrapbooking 9:00 Sewing 11:00 Blood Pressure Checks 11:30 Lunch 7:30 Yadkin Valley Trail Riders	2 11:00 Trivia w/ Alice 10:00 Games/Puzzles/ Corn hole 11:30 Lunch
5 10:00 Arts & Crafts 11:00 Peru Presentation 11:30 Lunch 12:30 Bible Study 12:30 Quilting 5:30 Zumba Gold	6 CLOSED 	7 10:00 Pickle-Ball 10:30 Bingo 11:00 Simpson Family Concert 11:30 Lunch 12:30 Prayer Shawls	8 9:00 Sewing 10:45 Pleasant Hill Daycare Preschool Class Concert 11:30 Lunch 1:00 Book Club	9 10:00 Games/Puzzles/ Corn hole 10:30 Family Feud 11:30 Lunch
12 9:00 Spring Cleaning Day 10:30 Music w/ Clyde & Harvey 11:30 Nutrition w/ Peggy 11:30 Lunch 12:30 Quilting 5:30 Zumba Gold	13 10:30 Blood Pressure Checks 10:30 Aerobic Exercise 10:45 West Yadkin Fire Department Safety Presentation 11:30 Lunch 5:00 Senior Supper	14 10:00 Pickle-Ball 10:30 Bingo 10:45 Chalk Art w/ Michael McDaniel 11:30 Lunch 12:30 Prayer Shawls	15 9:00 Sewing 11:00 Marilyn Wells w/ Cooperative Extension "Better Choices" Nutrition Program 11:30 Lunch	16 10:00 Games/Puzzles/ Corn hole 11:30 Lunch
19 11:30 Mountain Valley Hospice Presentation by Amy 11:30 Lunch 12:30 Quilting 5:30 Zumba Gold	20 10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:30 Program by D-Rex 11:30 Lunch	21 10:00 Pickle-Ball 10:30 Bingo 10:45 Jason Couch w/ Elk Pharmacy Presentation 11:30 Lunch 12:30 Prayer Shawls	22 9:00 Sewing 10:30 Friends of Bill Band 11:30 Lunch	23 10:30 Presentation by War Veteran, Fred Normal 11:30 Lunch
26  CLOSED <i>Remembering the men and women who died while serving our country</i>	27 10:00 Elkin High School Chamber Concert 10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:30 Lunch	28 10:00 Pickle-Ball 10:30 Bingo 10:45 Hank Campbell Interactive Singing 11:30 Lunch 12:30 Prayer Shawls	29 9:00 Sewing 11:00 Marilyn Wells w/Cooperative Extension "Better Choices" Nutrition Program 11:30 Lunch	30 10:00 Games/Puzzles/ Corn hole 11:30 Lunch

Mission Statement

"To Enhance the Quality of life for Older Adults"



Consumer Contributions are accepted and will be used to expand services and will be kept confidential.

The senior center's financial report is available for viewing upon request