

YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS

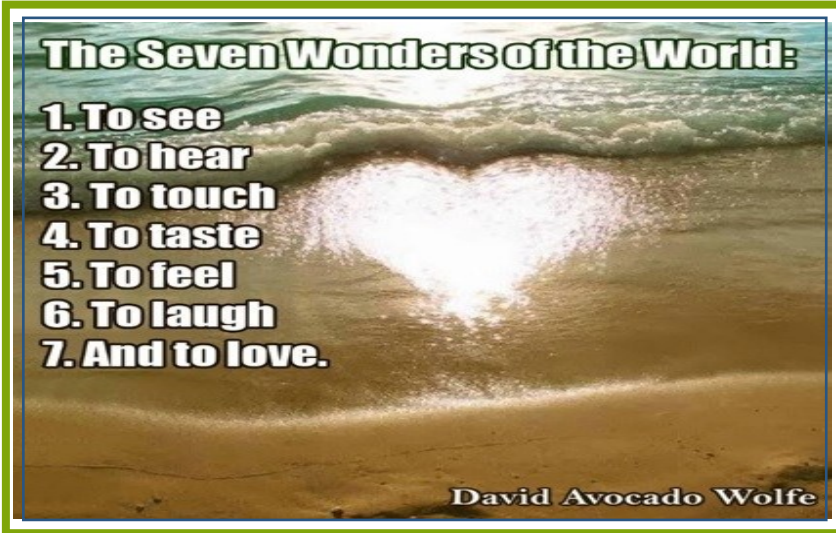


A North Carolina Senior Center of Excellence

September 2015

What's Happening at the Senior Center

207 East Hemlock Street Yadkinville, NC 27055 336.679.3596



Senior Chorus is BACK!

1st and 3rd Thursday of September

@ 10:00 a.m.

Our Newsletter can be found on the YVEDDI website. Click on the senior center tab then arrow down to senior center of your choice There you will find the latest newsletters.

You can also LIKE us on FACEBOOK



Pinto Bean Potluck Luncheon & Birthday Party

Tuesday, September 15th @ 11:00 a.m.

Live Bluegrass Band

The Senior Center will provide pinto beans and paper products.

Please bring a side to compliment pintos or a dessert.

SEE YOU THERE

Pinto Bean Potluck will take place of September Senior Supper



CONCERNS ABOUT FALLING?

A MATTER OF BALANCE is an award winning program designed to manage falls and increase activity levels.

EVERY WEDNESDAY 9:00-11:00 A.M.

(Starting September 9th)

Call (336) 679-3596 for more information

September Art Class - Mixed Media Collage

Sandi Thomas, Artist Coordinator will supply the materials and time to host this class.

Sponsored by the Yadkin Arts Council

1st Tuesday of each month

12:30—2:30 p.m.



We will be CLOSED Monday, September 7th in observation of Labor Day.





September 2015

Mon	Tue	Wed	Thu	Fri
<p>DID YOU KNOW?</p> <p>9 out of 10 lightning strike victims survive!</p> 	<p>1</p> <p>10 - Quilting 11 - Word Search 12 - Knitting @ YCL 12:30 - Art Council Craft 2- Quilters Guild</p>	<p>2</p> <p>9 - Computer Zone 10 - Walking 10 - Pencil Color 11 - Checkers Match</p> <p>6 - Zumba \$4</p>	<p>3</p> <p>9 - Local Yokel 10- Senior Chorus 1 - Pegs & Jokers</p> <p>6 - Rook</p>	<p>4</p> <p>9 - Relaxation Station 10 - Walking 11 - Fellowship</p>
<p>7 CLOSED</p> 	<p>8</p> <p>10 - Quilters 10:30 - Blood Pressure Checks 12 - Knitting @YCL 6 - Widow Supper (tacky contest)</p>	<p>9</p> <p>9 - Computer Zone 9-11 Matter of Balance 10 - Walking 10 - Pencil Color</p> <p>6 - Zumba \$4</p>	<p>10</p> <p>9 - Local Yokel 11 - Sheriff's Dept. 1 - Pegs & Jokers</p> <p>6 - Rook</p>	<p>11</p> <p>9 - Relaxation Station 10 - Walking 11 - Fellowship</p>
<p>14</p> <p>10 - Journal Now 10:30 - Senior Bingo 12:30 - Crochet 3 - Line Dance \$5</p> <p>6- Bee Association</p>	<p>15</p> <p>10 - Quilters 11- Senior Luncheon Potluck with Birthday Party 12 - Knitting @YCL</p> <p>NO SENIOR SUPPER</p>	<p>16</p> <p>9 - Computer Zone 9-11 Matter of Balance 10 - Walking 10 - Pencil Color</p> <p>6 - Zumba \$4</p>	<p>17</p> <p>9 - Local Yokel 10 - Senior Chorus 1 - Pegs & Jokers</p> <p>6 - Rook</p>	<p>18</p> <p>9 - Relaxation Station 10 - Walking 11 - Mt. Valley Hospice w/ Mark Brown</p>
<p>21</p> <p>10 - Journal Now 10:30 - Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5</p> <p>6- Zumba</p>	<p>22</p> <p>10 - Quilters 11 - Fire Safety -Yadkin Fire Dept. & Alan Dunn 12 - Knitting @ YCL NO CHAMBER LUNCH 6- Historical Society</p>	<p>23</p> <p>9 - Computer Zone 9-11 Matter of Balance 10 - Walking 10 - Pencil Color</p> <p>6 - Zumba \$4</p>	<p>24</p> <p>9 - Local Yokel 11 - Fellowship 1 - Pegs & Jokers 6 - Rook 6 - Yadkin Deaf Bible Study</p>	<p>25 DAY TRIP- \$5.00</p>  <p>9 - Relaxation Station 10 - Walking 11 - Fellowship</p>
<p>28</p> <p>10 - Journal Now 10:30 - Wellness Bingo 3 - Line Dance \$5</p> <p>6 - Zumba - \$4</p>	<p>29</p> <p>10- Quilters 11 - Mad Minute Game 12 - Knitting @ YCL</p>	<p>30</p> <p>9 - Computer Zone 9-11 Matter of Balance 10 - Walking 10 - Pencil Color</p> <p>6 - Zumba \$4</p>	<p>DID YOU KNOW?</p> <p>People who are lying to you tend to look up and to their left!</p> 	<p>Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact Alan Moxley, Nutrition Site Manager for more information.</p>



Mission Statement: "To improve or maintain independent wellness for the older adult through advocacy and vigorous programming."

