

YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

July 2015

Important Announcements

Don't forget to attend **OPERATION HOME FRONT** Casual Meetings to connect, recognize, and support our local HERO'S.

Sponsored by Mountain Valley Hospice
2nd Monday each month
11:00-11:30 a.m.

NEW

**Introduction to Tai Chi for
Arthritis—at no cost to you!**

July 14th

10:30 A.M.

Instructor: Brack Llewellyn



- 15th: Dr. James Beekman Presentation on Rheumatoid Arthritis—will provide ice cream! 11:45 A.M.
- 19th: Intro to Tai Chi for Arthritis 10:30 A.M.
- 20th: **Trip to Greensboro Science Center**—\$15.00 includes: transportation, admission to Science Center, lunch, and a 3D Omnisphere Show "Flight of the Butterflies"
- 3rd Tuesday of each month 12:30 - 2:30 P.M.
Art Class (Sponsored by the Yadkin Arts Council):
Scrabble Coasters

Luau Party

Celebrate with the Yadkin County Senior Centers

TUESDAY
AUG 18
5-8 p.m.

Hot Dogs & Hamburgers
Watermelon Eating Contest
Chair Volley Ball
Hula Hoop & Dance Contest
Mini Fishing
Beach Music
Admission \$2.00

Yadkinville Senior Center
207 East Hemlock Street • Yadkinville

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 most current newsletters. You can also like YVEDDI on FACEBOOK.

July 2015

Mon	Tue	Wed	Thu	Fri
		1 10 Bingo 10 Pickleball 1 Tribune News 11 Exercise 12:30 Prayer Shawls 12:30 Rook	2 9 Sewing 9:30 Scrapbooking 9 Red Hat Meeting 10 Tribune News 10 Bingo 11 4th of July Party 7:30 Trail Riders	3 CLOSED  Happy 4th of July!
6 10 Tribune News 11 Quilting 1:30 Aquatic Class	7 10 Tribune News 10:30 Exercise 11 Amy Wilhelm w/ Mtn. Valley Hospice 11 Blood Pressure Checks	8 10 Bingo 10 Pickleball 11 Elder Abuse Video w/ YVEDDI Domestic Violence 12:30 Prayer Shawls 12:30 Rook	9 9 Sewing 10 Tribune News 10 Bingo 11 Importance of Hydration w/ Hugh Chatham Hospital 1 Book Club	10 11 D-Rex Presentation 12 Cornhole 1:30 Aquatic Class
13 10 Tribune News 11 Quilting 11 Operation Home Front w/ Mtn. Valley Hospice 1:30 Aquatic Class 1:30 Look Good, Feel Better	14 10 Tribune News 10:30 Exercise 10:30 Intro. To Tai Chi Class—Free 11 Blood Pressure Checks	15 10 Bingo 10 Pickleball 10:45 Dr. James Beekman—Rheumatoid Arthritis & Ice cream Social 12:30 Prayer Shawls 12:30 Rook	16 9 Sewing 10 Tribune News 10 Bingo 11 Deputy Diaz w/ Yadkin Sheriff's Dept.	17 10:45 Classic Movie Friday 12 Cornhole 13 1:30 Aquatic Class
20 10 Tribune News 11 Quilting 1:30 Aquatic Class TRIP TO GREENSBORO SCIENCE CENTER	21 10 Tribune News 10:30 Exercise 11 Peggy Rhodes Nutrition Program 11 Blood Pressure Checks	22 10 Bingo 10 Pickleball 11 Line Dancing—Free 12:30 Prayer Shawls 12:30 Rook	23 9 Sewing 10 Tribune News 10 Bingo 10:45 Friends of Bill Band	24 10:45 Classic Movie Friday 12 Cornhole 1:30 Aquatic Class
27 10 Tribune News 10:30 Wreath Making Class—Free 11 Quilting 1:30 Aquatic Class	28 10 Tribune News 10:30 Exercise 10:30 Wreath making Class 11 Blood Pressure Checks	29 10 Bingo 10 Pickleball 12:30 Rook	30 9 Sewing 10 Tribune News 10 Bingo 11 Meet the Author: Ann Black	31 10:45 Classic Movie Friday 12 Cornhole 1:30 Aquatic Class



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

