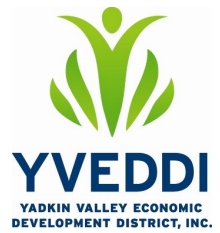


# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



*A North Carolina Senior Center of Excellence*

April 2016

## What's Happening...

### CRAFT CORNER - STARBURST MIRROR

Tuesday, April 5th @ 12:30 pm

Jodi Pounds from The Yadkin Arts Council will instruct a fun, & simple project. Call 679-3596 to register



### HEARING SCREENING W/ HEARING AID CHECKS

Friday, April 8th 9:00 a.m.— 12:00 p.m.

A Beltone representative will be onsite to perform hearing screening and hearing aid checks at **NO COST TO YOU**. Please call to schedule an appointment.

### TAI CHI DEMONSTRATION - Wednesday, April 27th @ 12:30 p.m.


If you are looking for a low-impact, relaxing form of exercise that only requires about 20 minutes a day and rewards your efforts, Tai Chi is for you. Tai Chi is an internal Chinese martial art in the sense that it focuses on mental and spiritual aspects integrated into movement.

### YMCA PASS FRIDAY'S 9:00 am - 12:00 pm

Pick up your lanyard badge and visit the YMCA on Friday's to walk or do Tai Chi. Must fill out a liability waiver & have pass to visit.

## 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



## April Foolery!

Unscramble the letters below to make 5 words related to April Fool's Day. Then unscramble the letters in the red squares to answer the question at left.

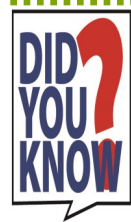
A K P R N	<input type="checkbox"/> <input type="checkbox"/> <input style="border: 1px solid red;" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
K E J S O	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input style="border: 1px solid red;" type="checkbox"/> <input type="checkbox"/>
N U F	<input style="border: 1px solid red;" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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Puzzle by HoadWorks www.hoadworks.com

In which country did April Fool's Day originate?

□ □ □ □ □ □

Is it difficult to trim your nails? Make an appointment to have your nails trimmed at the Yadkin County Senior Center for \$10 Call for an appointment.



April starts on the same day as July in ALL years!



# April 2016


Mon

Tue

Wed

Thu

Fri

<p><b>Lunch is served daily at 11:30 a.m. for ages 60 &amp; better. You must be registered. Contact Alan Moxley for more details.</b></p>		<p><b>“ The greatest lesson in life is to know that even fools are right sometimes.”</b> -Sir Winston Churchill Happy April Fool’s Day!</p>		<p>1 9 - Relaxation Station 10 – Walking w/Music 11 - April Fool’s Fun</p> <p>*YMCA PASS* 9-12</p>
<p>4 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5</p> <p>6 - Zumba beginner \$4</p>	<p>5 10 - Quilting 11– Share a Joke 12 - Knitting @ YCL 2 - Quilters Guild</p> <p><b>5 - Widow’s Supper</b></p>	<p>6 9 - Computer Zone 10– Walking w/Music 12:30 – Stretch w/ Natalie</p> <p>6 - Zumba \$4</p>	<p>7 9 - Local Yokel 11 - Brain Power 1-Pegs &amp; Jokers 1– Rook for beginners</p> <p>6– Rook</p>	<p>8 9 - Relaxation Station 10– Walking w/Music <b>11 - Beltone Hearing Checks* (register)</b></p> <p>*YMCA PASS* 9-12</p>
<p>11 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 1 - Strategic Intervention 3 - Line Dance \$5</p> <p><b>6 - Bee Association</b></p>	<p>12 10 - Quilting <b>11 - Young @ Heart— lunch discussion</b> 12 – Knitting @ YCL</p>	<p>13 9 - Computer Zone 10 – Walking w/Music 12:30– Stretch w/ Natalie</p> <p>6 - Zumba \$4</p>	<p>14 9 - Local Yokel <b>11 - Crime Prevention</b> 1-Pegs &amp; Jokers 1– Rook for beginners 6– Rook</p> <p>6 - Yadkin Deaf Bible Study</p>	<p>15 9 - Relaxation Station 10– Walking w/ Music <b>11– Mt. Valley Hospice Meet &amp; Greet</b></p> <p>*YMCA PASS* 9-12</p>
<p>18 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5</p> <p>6 - Zumba beginner \$4</p>	<p>19 10 - Quilting <b>11- B-DAY PARTY</b> 12-Knitting @ YCL <b>5-7 Dance @ East Bend Senior Center</b> <b>\$5.00 per person</b></p>	<p>20 9 - Computer Zone 10– Walking w/Music 12:30 – Stretch w/ Natalie</p> <p>6 - Zumba \$4</p>	<p>21 9 - Local Yokel <b>11– NC Cooperative Ext. w/Marilyn Wells</b> 1-Pegs &amp; Jokers 1– Rook for beginners</p>	<p>22 9 - Relaxation Station 10– Walking w/Music <b>11– Fire Safety w/ Yadkinville Fire Dept.</b></p> <p>*YMCA PASS* 9-12</p>
<p>25 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 1 - Strategic Intervention 3 - Line Dance \$5 6 - Zumba beginner \$4</p>	<p>26 11 –Fellowship <b>12 - Chamber Lunch</b> 12-Knitting @ YCL 2 - Quilters</p>	<p>27 9 - Computer Zone 10– Walking w/Music <b>12:30– Tai Chi demonstration w/ Celeste</b></p> <p>6 - Zumba \$4</p>	<p>28 9 - Local Yokel 11 - Brain Power 1-Pegs &amp; Jokers 1– Rook for beginners 6– Rook</p> <p>6 - Yadkin Deaf Bible Study</p>	<p>29 <b>YADKIN VALLEY SENIOR GAMES OPENING CEREMONY</b> Surry Community College 10:00 a.m. *YMCA PASS* 9-12</p>

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