

YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

August 2015

What's Happening at the Senior Center

207 East Hemlock Street Yadkinville, NC 27055 336.679.3596



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 latest newsletters.

You can also LIKE us on FACEBOOK

YVEDDI Yadkin County Senior Center

August Art Class - Safety Pin Bracelet

1st Tuesday - Every Month

12:30 to 2:30 p.m.



Adult Coloring

NEW: Adult Coloring is the new craze.



It's stress relieving, soothing, and calming. We will supply the pages and colored pencils and sharpener. FREE

Wednesdays @ 10!

5 SIMPLE THINGS TO REMEMBER

1. Love is why we are here.
2. The most important day is today.
3. If you always do your best, you will not have regrets.
4. Sometimes a wrong turn will bring you to exactly the right place.
5. For all your accomplishments, nothing will bring you more happiness than the love you find.





August 2015

Mon

Tue

Wed

Thu

Fri

Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact Alan Moxley, Nutrition Site Manager for more information.				
3 10 - Journal Now 10:30 - Healthy Bingo 3 - Line Dance \$5 6- Zumba	4 10 - Quilting 11 - Word Search 12 - Knitting @ YCL 12:30 - Art Council Craft 2- Quilters Guild	5 9 - Computer Zone 10 - Walking 10 - Pencil Color 11 - Checkers Match 6 - Zumba \$4	6 9 - Local Yokel 12:30 - Crochet 1 - Pegs & Jokers 6 - Rook	7 9 - Relaxation Station 10 - Walking 11 - Fellowship
10 10 - Journal Now 10:30 - Senior Bingo 3 - Line Dance \$5 5 - Bee Association	11 10 - Quilters 10:30 - Blood Pressure Checks 12 - Knitting @YCL 6 - Widow Supper	12 9 - Computer Zone 10 - Walking 10 - Pencil Color 11 - Share a Joke 6 - Zumba \$4	13 9 - Local Yokel 11 - Sheriff's Dept. 12:30 - Crochet 1 - Pegs & Jokers 6 - Rook 6 - Yadkin Deaf Bible Study	14 FARMERS MARKET TRIP 9 a.m. - 4 p.m. No lunches served today Rotary Club Blood Drive 12:30 - 6:00 p.m.
17 10 - Journal Now 10:30 - Nutrition Bingo 3 - Line Dance \$5 6 - Zumba - \$4	18 10 - Quilters 11 - Birthday Party 5-8 - Luau Party \$2 admission 	19 9 - Computer Zone 10 - Walking 10 - Pencil Color 11 - Veteran's Appreciation 6 - Zumba \$4	20 9 - Local Yokel 11 -Vicky Byrd: Storyteller 1 - Pegs & Jokers 6 - Rook	21 9 - Relaxation Station 10 - Walking 11 - Mt. Valley Hospice w/Amy Wilhelm Senior Day @ Yadtel
24 10 - Journal Now 10:30 - Bingo 3 - Line Dance \$5 6 - Zumba - \$4	25 12 - Chamber Lunch 2- Quilters 6:30 - Historical Society	26 9 - Computer Zone 10 - Walking 10- Pencil Color 11 - Young at Heart (Meal Discussion) 6 - Zumba \$4	27 9 - Local Yokel 11 - Pressure Canning w Marilyn Wells 12:30 - Crochet 1 - Pegs & Jokers 6 - Rook	28 9 - Relaxation Station 10 - Walking 11 - Cop Care w/Police Chief Tim Parks
31 10 - Journal Now 10:30 - Wellness Bingo 3 - Line Dance \$5 6 - Zumba - \$4		<p>DID YOU KNOW ...</p> 		<p>Coconuts kill more people than sharks do! Approximately 150 per year are killed by coconuts!!!</p> 



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

