



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

August 2016

What's Happening...



August Art Class - Sharpie Watercolor

1st Tuesday 12:00 p.m.

Space is limited to 20 participants

Please call the Senior Center to register.

Sponsored by the Yadkin Arts Council

August Guest Speakers: All programs begin at 11:00 a.m.

- 8/11 - Yadkin County Sheriff's Dept. w/ Dept. Sharon Diaz
- 8/18 - Wake Forest Medical Center w/ John Brice: Healthy Eating
- 8/19 - Touched by an Angel Home Health Care: Bingo & Blood Pressure
- 8/23 - Chalk Art & Story w/ Jerry Bennett
- 8/24 - Eagle Scout Music & Refreshments (*10:30 a.m.)
- 8/25 - NC Cooperative Ext. w/ Marilyn Wells
- 8/26 - MV Hospice & Palliative Care w/ Allison Brown - Alive Inside

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



Farmer's Market Day Trip

Friday, August 5th

Leave Yadkin County Senior Center @ 8:30 a.m.

Breakfast at the center at 8:00 a.m. / Return time: 4:30 p.m.

Stops to include Farmer's Market, Lunch @ K & W Cafeteria (Winston),

Movie @ 1:15 p.m., and McDonalds for ice cream cones.

Cost: \$10.00 - includes, breakfast, transportation, Movie w/ popcorn & drink plus a vanilla ice cream cone.

LUNCH AND SHOPPING WILL BE YOUR RESPONSIBILITY



ICE CREAM SOCIAL

THURSDAY AUGUST 25TH @ 12:30 P.M.



Beat the heat with a sweet treat and new folks to meet !!!

BLOOD DRIVE AUGUST 12TH

12:30 p.m. - 5:30 p.m.

Call (336) 244 - 1539

To schedule an appt.

Sponsored by:



Yadkinville Rotary Club & The American Red Cross



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.

Our financial statement is available for viewing upon request.

August 2016

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5</p>	<p>2</p> <p>10 - Quilting 11 - Brain Power 12 - Art Council Craft 12 – Knitting @ YCL</p>	<p>3</p> <p>9 - Computer Zone 10– Walking w/Music 12:30 – Stretch w/ Natalie</p> <p>6 - Zumba \$4</p>	<p>4</p> <p>9 - Local Yokel 11– Brain Power 1-Pegs & Jokers</p> <p>6– Rook</p>	<p>5</p> <p>9 - Relaxation Station 10 – Walking w/Music 11 - Fellowship Farmer's Market Day Trip *YMCA PASS* 9-12</p>
<p>8</p> <p>10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5 5 - Bee Association</p>	<p>9</p> <p>10 - Quilting 11– Brain Power 12 - Knitting @ YCL 2 - Quilters Guild 5 - GENRY'S Widow/ Widower Supper</p>	<p>10</p> <p>9 - Computer Zone 10– Walking w/Music 12:30 – Stretch w/ Natalie</p> <p>6 - Zumba \$4</p>	<p>11</p> <p>9 - Local Yokel 11 - Crime Prevention w/ Dept. Diaz 1-Pegs & Jokers 6– Rook 6 - Yadkin Deaf Bible Study</p>	<p>12</p> <p>9 - Relaxation Station 10– Walking w/Music 11 - Fellowship 12:30—6:00 - Rotary Club Blood Drive *YMCA PASS* 9-12</p>
<p>15</p> <p>10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5 6 - Zumba beginner \$4</p>	<p>16</p> <p>10 - Quilting 11 - Birthday Party 12 – Knitting @ YCL</p>	<p>17</p> <p>9 - Computer Zone 10 – Walking w/Music 12:30– Stretch w/ Natalie</p> <p>6 - Zumba \$4</p>	<p>18</p> <p>9 - Local Yokel 11 - Wake Forest Medi- cal Center w/ John Brice - Healthy Eating 1-Pegs & Jokers 6– Rook</p>	<p>19</p> <p>9 - Relaxation Station 10– BP Checks 11– Touched By an Angel Bingo *YMCA PASS* 9-12</p>
<p>22</p> <p>10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5 6 - Zumba beginner \$4</p>	<p>23</p> <p>10 - Quilting 11– Chalk Art w/Story 12-Knitting @ YCL 6 - Senior Supper w/ Sweet Hollow Band **4th Tuesday**</p>	<p>24</p> <p>9 - Computer Zone 10:30 - Eagle Scouts Music & Refreshments 12:30 – Stretch w/ Natalie 6 - Zumba \$4</p>	<p>25</p> <p>9 - Local Yokel 11– NC Cooperative Ext. w/ Marilyn Wells 12:30 - Ice Cream Social 1-Pegs & Jokers</p>	<p>26</p> <p>9 - Relaxation Station 10– Walking w/Music 11– MVH & Palliative Care with Allison Brown Alive Inside *YMCA PASS* 9-12</p>
<p>29</p> <p>10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5 6 - Zumba beginner \$4</p>	<p>30</p> <p>10 - Quilting 11 – Brain Power 12-Knitting @ YCL</p>	<p>31</p> <p>9 - Computer Zone 10– Walking w/Music 12:30 – Stretch w/ Natalie 6 - Zumba \$4</p>	 	<p><i>Lunch is served daily at 11:30 a.m. for ages 60 & better. You must be registered. Contact the Nutrition Site Manager for more details.</i></p>

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