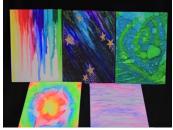


# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



## A North Carolina Senior Center of Excellence

### 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



Farmer's Market Day Trip Friday, August 5th eave Yadkin County Senior Center.



ഞ

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 !!!



Our financial statement is available for viewing upon request.

### August 2016

#### 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 Heath 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

Information and Referral





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.

## August 2016

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

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