

# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

January 2016



## Cowboy Chili Roundup



Please bring one of the following:  
side dish, dessert or drink and friends  
are always welcome!!!

TUESDAY  
**JAN 26**  
11:00 AM

Yadkin County  
Senior Center  
207 East Hemlock Street  
Yadkinville, NC 27055



### Inclement Weather

Call the Senior Center to make sure we are open BEFORE attempting to drive or walk here. We make every effort to keep the doors open and services available, but do not encourage folks to come down when the roads and sidewalks are dangerous.



A good rule of thumb: If Yadkin County Schools are cancelled; the Senior Center classes, activities will probably be cancelled. Please be sure to watch WXII News channel 12 to see if we will be closed and information pertaining to the lunch program.

### WIDOWS SUPPER

TUESDAY 1/13 @ 4:00 p.m.

Widow's support/covered dish supper has a new time during the winter to make sure you get home before dark. If you or someone you know could benefit from the group, feel free to join us

### Events

ALL PROGRAMS BEGIN @ 11:00 A.M.

Friday January 1st—Tai Chi Demo Class at the Yadkin Family YMCA \*9:00 a.m.

Friday January 15th—Mountain Valley Hospice with Amy Wilhelm

Thursday January 28th— Crime Prevention with Dept. Diaz

### January Art Class - Yarn Wall Hanging

1st Tuesday of each month 12:30 - 2:30 p.m.

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.



# January 2016




**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<p><b>INCLEMENT WEATHER POLICY</b> The Senior Center follows the same inclement weather closings as the Yadkin County School System.</p>				<p>Lunch is served daily at 11:30 for ages 60 &amp; older. You must be registered. Contact Alan Moxley, Nutrition Site Manager for more information.</p>	<p>1 <b>CLOSED</b> <b>New Year's Day</b> 9 a.m.- Tai Chi Demo Class @ YMCA</p>
<p>4 10- Journal Now 10:30–Nutrition Bingo 12:30- Crochet 3- Line Dance \$5</p>	<p>5 10-Quilting 11– Bookmarks 12-Knitting @ YCL <b>12:30 - Art Craft</b></p>	<p>6 9-Computer Zone 10– Walking 12:30– Stretch w/ Natalie</p>	<p>7 9-Local Yokel 11 - Pencil Color 1-Pegs &amp; Jokers</p>	<p>8 9-Relaxation Station 10– Walking 11– Elvis Trivia</p>	
<p>11 10- Journal Now 10:30–Nutrition Bingo 12:30- Crochet 3- Line Dance \$5</p>	<p>12 10-Quilting 11– Share a Joke 12-Knitting @ YCL <b>4 – Widow's Supper</b></p>	<p>13 9-Computer Zone 10– Walking 12:30– Stretch w/ Natalie</p>	<p>14 9-Local Yokel 11 - Pencil Color 1-Pegs &amp; Jokers 6 - Rook 6 - Yadkin Deaf Bible</p>	<p>15 9-Relaxation Station 10– Walking 10–Blood Pressure 11 - Mt. Valley Hospice– Amy Wilhelm</p>	
<p>18 <b>CLOSED</b> Martin Luther King Jr. Day</p>	<p>19 10-Quilting 11– <b>Birthday Party w/ Hennings Band</b> 12-Knitting @ YCL</p>	<p>20 9-Computer Zone 10– Walking 12:30– Stretch w/ Natalie</p>	<p>21 9-Local Yokel 11 - Yadkin Fire Dept. 1-Pegs &amp; Jokers 6 - Rook 6 - Yadkin Deaf Bible</p>	<p>22 9-Relaxation Station 10– Walking 11– Holly Jolly Christmas Show on Yadtel</p>	
<p>25 10- Journal Now 10:30–Nutrition Bingo 12:30- Crochet 3- Line Dance \$5  6-Zumba \$4</p>	<p>26 10-Quilting 11– <b>Cowboy Chili Round-up</b> 12-Knitting @ YCL</p>	<p>27 9-Computer Zone 10– Walking 12:30– Stretch w/ Natalie  6-Zumba \$4</p>	<p>28 9-Local Yokel 11 - Crime Prevention w/ Dept. Diaz 1-Pegs &amp; Jokers  6 - Rook</p>	<p>29 9-Relaxation Station 10– Walking 11– Cooperative Ext. w/ Marilyn Wells</p>	



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

