# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS

**YVEDDI**
YADKIN VALLEY ECONOMIC
DEVELOPMENT DISTRICT, INC.

*A North Carolina Senior Center of Excellence*

## What's Happening...

### July Art Class - Abstract Pointillism

1st Tuesday 12:30 - 2:30 p.m.
Spaces are limited to 20 participants.
Call the Senior Center to register.

### Sponsored by the Yadkin Arts Council

**NEW** We now have a ALD (Assisted Listening Device). This is available to use only during senior center programming. Please see staff for assistance.

**QUILT RAFFLE - July 29, 2016
@ 11:11 a.m.**

$1.00 each or 6 for $5.00
**Quilt donated by
The Yadkin Quilters Guild**

All proceeds benefit the YVEDDI
Yadkin County Meals-on-Wheels Program

*Searching*

The Yadkin County Senior Chorus is *SEARCHING* for YOU!!!
Do you have a musical background, read music and have a little time to spare? We are looking for a volunteer to conduct our Senior Chorus. Can you hear us calling your name? Call the center for more details.

**Our financial statement is available for viewing upon request.**

---

### 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 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

**f** "like" us on **facebook**

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.

# July 2016

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|
| | | *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.* | | 1<br>9 - Relaxation Station<br>10 – Walking w/Music<br>**11 - Fire Safety**<br><br>*YMCA PASS* 9-12 |
| 4<br>**CLOSED** | 5<br>10 - Quilting<br>**11– 4th Celebration**<br>12 - Knitting @ YCL<br>2 - Quilters Guild | 6<br>9 - Computer Zone<br>10– Walking w/Music<br>12:30 – Stretch w/Natalie<br>1-Pegs & Jokers<br><br>6 - Zumba $4 | 7<br>9 - Local Yokel<br>11 - Brain Power<br>1– Scrabble<br><br>6– Rook | 8<br>9 - Relaxation Station<br>10– Walking w/Music<br>**11 - Hobart's Hymns**<br><br>*YMCA PASS* 9-12 |
| 11<br>10 - Journal Now<br>10:30 – Nutrition Bingo<br>12:30 - Crochet<br>3 - Line Dance $3<br><br>**5 - Bee Association** | 12<br>10 - Quilting<br>**11 - Minnie BP checks & Health Program**<br>12 – Knitting @ YCL<br>**5 - Gentry's Widow Support Supper** | 13<br>9 - Computer Zone<br>10 – Walking w/Music<br>**11 - Yadtel PALS**<br>12:30– Stretch w/Natalie<br>1-Pegs & Jokers<br>6 - Zumba $4 | 14<br>9 - Local Yokel<br>**11—Crime Prevention**<br>1– Scrabble<br><br>6– Rook | 15<br>9 - Relaxation Station<br>10– Walking w/ Music<br>11– *Recipe Swap*<br><br>*YMCA PASS* 9-12 |
| 18<br>10 - Journal Now<br>10:30 – Nutrition Bingo<br>12:30 - Crochet<br>3 - Line Dance $3<br><br>6 - Zumba beginner $4 | 19<br>10 - Quilting<br>10 - Brain Power<br>**11– Birthday Party**<br>12-Knitting @ YCL<br>**6 - SENIOR SUPPER**<br>**Sweet Hollar Bluegrass** | 20<br>9 - Computer Zone<br>10– Walking w/Music<br>12:30 – Stretch w/Natalie<br>1-Pegs & Jokers<br><br>6 - Zumba $4 | 21<br>9 - Local Yokel<br>**11– Young @ Heart**<br>1– Scrabble<br><br>6– Rook | 22<br>9 - Relaxation Station<br>10– Walking w/Music<br>**11– Mountain Valley Hospice**<br><br>*YMCA PASS* 9-12 |
| 25<br>10 - Journal Now<br>10:30 – Nutrition Bingo<br>12:30 - Crochet<br>3 - Line Dance $3<br><br>6 - Zumba beginner $4 | 26<br>10 - Quilting<br>11 –Brain Power<br>12-Knitting @ YCL | 27<br>9 - Computer Zone<br>10– Walking w/Music<br>12:30 – Stretch w/Natalie<br>1-Pegs & Jokers<br><br>6 - Zumba $4 | 28<br>9 - Local Yokel<br>**11– NC Cooperative Ext. w/Marilyn Wells**<br>1– Scrabble<br><br>6– Rook | 29<br>9 - Relaxation Station<br>10– Walking w/Music<br>**11– Yadkinville Police Dept. - Cop Care**<br>**11:11 - Quilt Raffle**<br>*YMCA PASS* 9-12 |

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