

# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



*A North Carolina Senior Center of Excellence*

June 2016

## What's Happening...



June Art Class - Bean Mosaic

1st Tuesday 12:30 - 2:30 p.m.

Spaces are limited.

Please call your Senior Center to register.

Sponsored by the Yadkin Arts Council

## PICKLE TASTING - Friday, June 3rd @ 11:00 am

Bring a few of your FAVORITE or most unusual pickles to share.

Recipes are always welcome!

## SENIOR GAMES CLOSING CEREMOIES - June 9th

Art work will be on display beginning at 1:00 p.m. Silver Follies show to begin @ 3:00 p.m. Closing ceremonies at 6:00 p.m.

## WIDOW & SENIOR SUPPER COMBINED - June 14th @ 5:00 pm

Call a friend and come on over to our combined widow/senior supper in June. Entertainment will be provided by James Kipple. Music and singing! It's potluck, so bring a dish to share.

## DAY TRIP - GOLDEN POND PLAY (Mt. Airy) - June 24th

Leave Yadkinville Senior Center @ 8:30 a.m. Shopping at Mayberry mall, lunch @ Cracker Barrel and play to begin @ 1:30 p.m. @ Jones Family Resource Center. Call for more details!!!

**Cost: \$10.00 Includes sausage biscuit, bottle of water, transportation and play. RSVP by 6/17**

## TECH TALK WITH DRS TECHNOLOGIES & JORDAN SCOTT

June 29th @ 11:00 a.m.

In a world filled with technology, find out how upcoming classes can help to keep you connected to what's going on with kids and grandkids!!!



Sunday, June 19th


## 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



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.

# June 2016

Mon	Tue	Wed	Thu	Fri
 <p><b>YVEDDI</b> YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.</p>		<p>1 9 - Computer Zone 10- Walking w/Music 12:30 – Stretch w/ Natalie 6 - Zumba \$4</p>	<p>2 9 - Local Yokel 11 - Brain Power 1- Tai Chi w/ Celeste 1- Rook for beginners 6- Rook</p>	<p>3 9 - Relaxation Station 10 – Walking w/Music 11 - *Pickle Tasting*</p> <p>*YMCA PASS* 9-12</p>
<p>6 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5 6 - Zumba beginner \$4</p>	<p>7 <b>CLOSED FOR VOTING</b></p> <p><b>SHATLEY SPRINGS DAY TRIP</b></p>	<p>8 9 - Computer Zone 10- Walking w/Music 12:30 – Stretch w/ Natalie 1-Pegs &amp; Jokers 6 - Zumba \$4</p>	<p>9 9 - Local Yokel 11 - Brain Power 1-Tai Chi w/ Celeste 1- Rook for beginners 6- Rook 6 - Yadkin Deaf Bible Study</p>	<p>10 9 - Relaxation Station 10- Walking w/Music 11 - Fellowship</p> <p>*YMCA PASS* 9-12</p>
<p>13 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 1 - Strategic Intervention 3 - Line Dance \$5</p>	<p>14 10 - Quilting <b>10:30 - Minnie Blood Pressure Checks</b> 12 – Knitting @ YCL <b>5 - Widow &amp; Senior Supper Combined</b></p>	<p>15 9 - Computer Zone 10 – Walking w/Music 12:30– Stretch w/ Natalie 1-Pegs &amp; Jokers 6 - Zumba \$4</p>	<p>16 9 - Local Yokel 11—Brain Power 1-Tai Chi w/ Celeste 1- Rook for beginners</p> <p>6- Rook</p>	<p>17 9 - Relaxation Station 10- Walking w/ Music <b>10:30 - Celebrate Dad</b> <b>11- Fire Safety</b></p> <p>*YMCA PASS* 9-12</p>
<p>20 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5 6 - Zumba beginner \$4</p>	<p>21 10 - Quilting <b>11- BIRTHDAY PARTY W/ MUSIC</b> 12-Knitting @ YCL <b>5-7 Dance @ East Bend Senior Center</b></p>	<p>22 9 - Computer Zone 10- Walking w/Music 12:30 – Stretch w/ Natalie 1-Pegs &amp; Jokers 6 - Zumba \$4</p>	<p>23 9 - Local Yokel <b>11- NC Cooperative Ext. w/ Marilyn Wells</b> 1-Tai Chi w/ Celeste 1- Rook for beginners 6- Rook 6 - Yadkin Deaf Bible Study</p>	<p>24 9 - Relaxation Station <b>9- DAY TRIP</b> 10- Walking w/Music <b>11- Mt. Valley Hospice w/ Allison Brown</b></p> <p>*YMCA PASS* 9-12</p>
<p>27 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 1 - Strategic Intervention 3 - Line Dance \$5</p>	<p>28 10 - Quilting <b>11 – Young @ Heart- Lunch Discussion</b> 12-Knitting @ YCL</p>	<p>29 9 - Computer Zone 10- Walking w/Music <b>11 - Tech Talk w/ Jordan Scott DRS Technology</b> 12:30 – Stretch w/Natalie 1-Pegs &amp; Jokers 6 - Zumba \$4</p>	<p>30 9 - Local Yokel <b>11- Crime Prevention w/ Dept. Diaz</b> 1-Tai Chi w/ Celeste 1- Rook for beginners 6- Rook</p>	<p><i>Lunch is served daily at 11:30 a.m. for ages 60 &amp; better. You must be registered.</i></p> <p><i>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.”