

# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



*A North Carolina Senior Center of Excellence*

March 2016

## What's Happening...

### March 1st @ 12:30 pm Puzzle Flower Garden

Sandi Thomas from The Yadkin Arts Council will instruct a fun, & simple project. Call, e-mail or stop by to register by Feb. 29!  
(336) 679-3596



### SENIOR GAMES

Registration: March 1st - March 31

Registration cost - \$10 per person

Forms available at your local senior center & Yadkin Arts Council

### MARCH 15th CLOSED FOR ELECTIONS

### March 23rd 11:00 am - 2:00 pm HOT DIGGITY DOG LUNCH

\$5.00 per person - Tickets on Sale NOW!!!

Includes hotdog with fixings, bag of chips, drink and dessert

Proceeds go to Meals on Wheels and The Yadkinville Senior Center. Dine-in or take-out



### FREE TAX PREPERATION at VITA LIBRARY SITES

For more details call the Yadkin County Library at 336-679-8792. Must make ap-  
pointment for preparation.

### YMCA PASS FRIDAY'S 9:00 am - 12:00 pm

Pick up your lanyard badge and visit the YMCA on Friday's from 9:00 - 12:00 to  
walk or do Tai Chi. Must fill out a liability waiver & have pass to visit.

### MARCH 25th CLOSED FOR GOOD FRIDAY

*But from this earth, this grave, this dust, My  
God shall raise me up, I trust. ~ Walter Raleigh*



### 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.

Happy   
St. Patrick's Day

# March 2016

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<p><i>Lunch is served daily at 11:30 a.m. for ages 60 &amp; better. You must be registered. Contact Alan Moxley for more details.</i></p>	<p>1 10 - Quilting 11 – Share a Joke 12 - Knitting @ YCL <b>12:30 - Art Project</b>  <b>2 - Quilters Guild</b></p>	<p>2 9 - Computer Zone 10– Walking 12:30 – Stretch w/ Natalie  6 - Zumba \$4</p>	<p>3 9 - Local Yokel 11 - Pencil Color 1-Pegs &amp; Jokers 1– Rook for beginners <b>2 - United Fund Meeting</b> 6– Rook</p>	<p>4 9 - Relaxation Station 10 – Walking 11 - <i>Have you Ever?</i>  *YMCA PASS* 9-12</p>
<p>7 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet <b>1:30 - Advisory Meeting</b> 3 - Line Dance \$5 6 - Zumba beginner \$4</p>	<p>8 10 - Quilting 11– Share a Joke 12 - Knitting @ YCL  <b>5 – Widow’s Supper</b></p>	<p>9 9 - Computer Zone 10– Walking 12:30 – Stretch w/ Natalie  6 - Zumba \$4</p>	<p>10 9 - Local Yokel <b>11 - Crime Prevention</b> 1-Pegs &amp; Jokers 1– Rook for beginners 6 - Yadkin Deaf Bible Study 6– Rook</p>	<p>11 9 - Relaxation Station 10– Walking 11 - Young @ Heart— lunch discussion  *YMCA PASS* 9-12</p>
<p>14 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5  <b>6 - Bee Association</b></p>	<p>15  <b>CLOSED For Voting</b></p>	<p>16 9 - Computer Zone 10 – Walking 12:30– Stretch w/ Natalie  6 - Zumba \$4</p>	<p>17 9 - Local Yokel <b>10 - St. Patty’s Day Party</b> 11 - NC Cooperative Ext. 1-Pegs &amp; Jokers 1– Rook for beginners 6– Rook</p>	<p>18 9 - Relaxation Station 10– Walking 11– Mt. Valley Hospice Meet &amp; Greet  *YMCA PASS* 9-12</p>
<p>21 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5  6 - Zumba beginner \$4</p>	<p>22 11 – Share a Joke <b>12 - Chamber Lunch</b> 12-Knitting @ YCL 2 - Quilters</p>	<p>23  <b>HOT DIGGITY DOG FUNDRAISER \$5.00</b>  6 - Zumba \$4</p>	<p>24 9 - Local Yokel <b>10 - Manicures for Health</b> <b>11 - Easter Party</b> 1-Pegs &amp; Jokers 1– Rook for beginners 6 - Yadkin Deaf Bible Study 6– Rook</p>	<p>25  <b>CLOSED FOR GOOD FRIDAY</b>  </p>
<p>28 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5  6 - Zumba beginner \$4</p>	<p>29 10 - Quilters 11 – Corn Hole Challenge 12-Knitting @ YCL 2 - Quilters</p>	<p>30 9 - Computer Zone 10– Walking 12:30–Stretch w/ Natalie  6 - Zumba \$4</p>	<p>31 9 - Local Yokel <b>11 - Fire Safety w/ Fire Department</b> 1-Pegs &amp; Jokers 1– Rook for beginners 6– Rook</p>	  

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