

# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



*A North Carolina Senior Center of Excellence*

May 2016

## What's Happening...

### ART COUNCIL ART - WATERCOLORS

Tuesday, May 3rd @ 12:30 p.m.

Join Sandi Thomas from the Yadkin Arts Council for a fun and simple project.



### COP CARE APPRECIATION

Friday, May 20th @ 11:00 a.m.

Yadkinville Police Department will host an Appreciation Lunch with The Centennial Square Dancers as entertainment.



### SHATLEY SPRINGS BREAKFAST - June 7th

Bus leaves Yadkinville Senior Center at 8:30 AM for breakfast then shopping at the Cheese Factory with a stop in Wilkesboro.

**YVEDDI meal participants \$13 , non participants \$20**

Covers breakfast and transportation.



### OLDER AMERICAN MONTH - LET'S CELEBRATE

Tuesday, May 31st @ 11:00 a.m.

Celebrate Aging with Friends and light refreshments while we learn more about this special month dedicated to older adults!



**SENIOR CENTER WILL BE CLOSED MONDAY MAY 30TH  
IN HONOR OF MEMORIAL DAY**

*Remembering the men and women  
who died while serving our country.*



## 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.

# May 2016

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<p>2 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5</p> <p>6 - Zumba beginner \$4</p>	<p>3 10 - Quilting 11 - Brain Power 12:30 - Art Council Art 2 - Quilters Guild</p>	<p>4 9 - Computer Zone 10– Walking w/Music 12:30 – Stretch w/ Natalie 1-Pegs &amp; Jokers 6 - Zumba \$4</p>	<p>5 9 - Local Yokel 11 - Brain Power Mo 1– Rook for beginners</p> <p>6– Rook</p>	<p>6 9 - Relaxation Station 10 – Walking w/Music 11 - Fellowship</p> <p>*YMCA PASS* 9-12</p>
<p>9 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5</p> <p><b>5 –Bee Association</b></p>	<p>10 10 - Quilting <b>11– Young @ Heart – Lunch discussion</b> 12 - Knitting @ YCL <b>5 - Gentry’s Widow’s Supper</b></p>	<p>11 9 - Computer Zone 10– Walking w/Music 12:30 – Stretch w/ Natalie 1-Pegs &amp; Jokers 6 - Zumba \$4</p>	<p>12 9 - Local Yokel <b>11 - Crime Prevention w/Dept. Diaz</b> 1– Rook for beginners 6 - Deaf Bible Study</p>	<p>13 9 - Relaxation Station 10– Walking w/Music 11 - Superstitious?</p> <p>*YMCA PASS* 9-12</p>
<p>16 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5</p> <p>6 - Zumba beginner \$4</p>	<p>17 10 - Quilting 11 - Birthday Party 12 – Knitting @ YCL <b>5-7 Dance @ East Bend Senior Center \$5.00 per person</b></p>	<p>18 9 - Computer Zone 10 – Walking w/Music 12:30– Stretch w/ Natalie 1-Pegs &amp; Jokers 6 - Zumba \$4</p>	<p>19 9 - Local Yokel <b>11 - Fire Safety w/ Yadkinville Fire Dept.</b> 1– Rook for beginners</p> <p>6– Rook</p>	<p>20 9 - Relaxation Station 10– Walking w/ Music <b>11– COP CARE w/ Centennial Squares</b></p> <p>*YMCA PASS* 9-12</p>
<p>23 10 - Journal Now 10:30 – Nutrition Bingo 12:30 - Crochet 3 - Line Dance \$5</p> <p>6 - Zumba beginner \$4</p>	<p>24 10 - 11– Brain Power <b>12 - Chamber Lunch</b> 12-Knitting @ YCL 2 - Quilters</p>	<p>25 9 - Computer Zone 10– Walking w/Music 12:30 – Stretch w/ Natalie 1-Pegs &amp; Jokers 6 - Zumba \$4</p>	<p>26 9 - Local Yokel <b>11– NC Cooperative Ext. w/ Marilyn Wells</b> 1– Rook for beginners 6 - Deaf Bible Study 6 - Rook</p>	<p>27 9 - Relaxation Station 10– Walking w/Music <b>11– Mt. Valley Hospice w/ Allison Brown</b></p> <p>*YMCA PASS* 9-12</p>
<p>30</p> <p>CLOSED Memorial Day</p>	<p>31 10 - Quilting 11 –<b>Older Americans Month Celebration</b> 12-Knitting @ YCL</p>			<p><b>Lunch is served daily at 11:30 a.m. for ages 60 &amp; better. You must be registered. Contact Alan Moxley for more details.</b></p>

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