



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

October 2015

What's Happening at the Senior Center



October Art Class - 10/6 Leaves Candle Holder

Join Jody for our October Art Class. This class is sponsored by the Yadkin Arts Council.



1st Tuesday of each month
12:30—2:30 p.m.
(336) 679-3596

Isn't it funny how day by day nothing changes but when you look back everything is different... - C. S. Lewis

CONCERNS ABOUT FALLING?

A MATTER OF BALANCE is an award winning program designed to manage falls and increase activity levels.

EVERY WEDNESDAY 12:30 P.M.
Call (336) 679-3596 for more information

Brain Power

Do you still have it?



Tuesday's at 11:00 a.m. during the month of October!

Prizes for top three finishers at the end of the month

Need your nails trimmed - 1st & 3rd Thursdays - Call 679-3596 for an appointment.

COSTUME CONTEST

HALLOWEEN MONSTER MASH

Games:
Mummy Wrap
Feed the Monster

THURSDAY
OCT 29

5:00 pm-8:00 pm

Featuring Lloyd Church & Band
Wicked Witches Stew for dinner!

Cost: \$3.00 per person

Yadkin Valley Senior Center
121 Delos Martin Drive
Jonesville, NC 28642
(336) 526-1087

Hosted by the Yadkin Senior Centers



Monday, October 12th
10:00 a.m.—12:00 p.m.

Please bring your insurance card with you
Flu Shots provided by your local CVS Pharmacy
Call 679-3596 to make an appointment

October 2015



Mon	Tue	Wed	Thu	Fri
Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact Alan Moxley, Nutrition Site Manager for more information.	DID YOU KNOW... The average person spends three years of their life on a toilet!!!  The highest speed ever achieved on a bicycle was 166.94 mph by Fred Rompelburg		1 9 - Local Yokel 10- Senior Chorus 1 - Pegs & Jokers 6 - Rook	2 9 - Relaxation Station 10 - Walking 11 - Fellowship
5 10 - Journal Now 10:30 - Senior Bingo 11:15 - Clear Captions 12:30 - Crochet 3 - Line Dance \$5 6- Zumba \$4	6 10 - Quilting 11 - Brain Power* 12 - Knitting @ YCL 12:30 - Art Craft 2- Quilters Guild	7 9 - Computer Zone 10 - Walking 10 - Pencil Color 12:30-Matter of Balance 6- Zumba \$4	8 9 - Local Yokel 11 - Sheriff's Dept. 1 - Pegs & Jokers 6 - Rook 6 - Yadkin Deaf Bible Study	9 9 - Relaxation Station 10 - Walking 11 - Fellowship
12 10-12 Flu Shots 10 - Journal Now 10:30 - Senior Bingo 12:30 - Crochet 3 - Line Dance \$5 6 - Bee Association	13 10 - Quilters 11 - Brain Power* 12 - Knitting @YCL 5 - Widow Supper Decorate a Pumpkin	14 9 - Computer Zone 10 - Walking 10 - Pencil Color 12:30 - Matter of Balance 6- Zumba \$4	15 9 - Local Yokel 10- Senior Chorus 1 - Pegs & Jokers 6 - Rook	16 9 - Relaxation Station 10 - Blood Pressure Checks 11 - Mt. Valley Hospice with Amy Wilhelm
19 10 - Journal Now 10:30 - Senior Bingo 12:30 - Crochet 3 - Line Dance \$5 6- Zumba \$4	20 10 - Quilters 11 - Brain Power* 12 - Knitting @YCL No Senior Supper	21 9 - Computer Zone 10 - Walking 10 - Pencil Color 12:30 - Matter of Balance 6- Zumba \$4	22 9 - Local Yokel 11 - Fellowship 1 - Pegs & Jokers 6 - Rook 6 - Yadkin Deaf Bible Study	23 9 - Relaxation Station 10 - Walking 11 - Fellowship
26 10 - Journal Now 10:30 - Cigna Bingo 12:30 - Crochet 3 - Line Dance \$5 6- Zumba \$4	27 10 - Brain Power* 12 - Chamber 12 - Knitting @ YCL 2- Quilting 6- Historical Society	28 9 - Computer Zone 10 - Walking 10 - Pencil Color 12:30 - Matter of Balance 6- Zumba \$4	29 9 - Local Yokel 11 - Fellowship 1 - Pegs & Jokers 5-8 - Monster Mash Dance -Jonesville \$3 6 - Rook	30 9 - Relaxation Station 10 - Walking 11- Spooky Party 



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

