



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence



October 2016

What's Happening...

T-Shirt Sale - I'm a BIG Dill at the Yadkin County Senior Center
\$15.00 Orders are due by Oct. 7th



SENIOR CENTER SPECIAL CAR WASH DEAL

Hand wash, dry, black out tires and simple clean up of the inside \$25.00

Call Michael's Detail in Yadkinville for appointment (336) 467-7309

October 4th - Dixie Classic Fair

Senior Day at The Dixie Classic Fair. Leave the Senior Centers at 8:30 a.m.

Admission and transportation are FREE for seniors 60 and older. Lunch, exhibits and other activities are on your own. Depart Fair grounds at 1:00 p.m. to return to the Senior Center.



October 13th - Flu Shots by The Yadkin Valley Pharmacy
10:00 - 11:00 a.m.

October 17th - 6-9 p.m. Hoe Down Chicken Stew \$5.00

Boot Scoot your boogie over to the center for a Hoe Down Shindig! Western wear is encouraged! Chicken Stew, desserts, The Driftwood Band and a roping good time!!! Tickets are limited, so get yours ASAP at the center!

October 20th - 10:00 a.m. Senior Chorus Meeting



October 28th - Senior Fun Day 2:00 - 4:30 PM

Don't miss the fun on Senior Fun Day at Yadkinville United Methodist Church. There will be snacks, Community Vendors, door prizes and lots of games. Free for 50 and older.

October 31st - Halloween Party at the Senior Center

Listen to a spooky story and bring a spooky snack to share



October Art Class - Paper bag Trees

Friday, October 14th @ 10:00 a.m.

NEW DAY & TIME for October

Please call the Senior Center to register.

Sponsored by: The Yadkin Arts Council



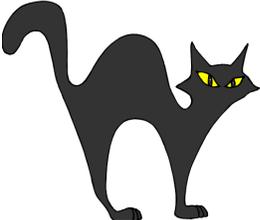
Information and Referral

- 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.

OCTOBER 2016

Mon	Tue	Wed	Thu	Fri
<p>3 10 W-S Journal Now 10:30 Nutrition Bingo 12:30 Rook for beginners</p> <p>6 - Zumba \$4</p>	<p>4 10 Quilting 11 Fellowship with Friends 12 Knitting @ YCL</p> <p>Day Trip to Dixie Classic Fair Grounds (Senior Day)</p>	<p>5 9 Computer Zone 10 Walking w/Music 11 Fellowship 12:30 Stretch w/Natalie - ***Cancelled for Today***</p> <p>6 Zumba \$4</p>	<p>6 9 Local Yokel 11 Brain Power 1 Pegs & Jokers</p> <p>6 Rook</p>	<p>7 9 Relaxation Station 10 Walking w/Music 11 Yadkinville Police Dept. w/ Officer Penley: A Safer Way to Live T-Shirt Orders DUE *YMCA PASS* 9-12</p>
<p>10 10 W-S Journal Now 10:30 Nutrition Bingo 12:30 Rook for beginners</p> <p>5 - Yadkin County Bee Association</p>	<p>11 10 Quilting 11 Brain Games 12 Knitting @ YCL 2 Quilters Guild</p> <p>5 Gentry's Widow/Widower Support Supper</p>	<p>12 9 Computer Zone 10 Walking w/Music 11 Fellowship 12:30 Stretch w/Natalie</p> <p>6 Zumba \$4</p>	<p>13 9 Local Yokel 11 Sherriff's Dept. Crime Prevention w/ Dept. Diaz 1 Pegs & Jokers</p> <p>6 Yadkin Deaf Bible Study 6 Rook</p>	<p>14 9 Relaxation Station 10 Walking w/Music 10 Art Project with Jody provided by: Yadkin County Arts Council *YMCA PASS* 9-12</p>
<p>17 10 W-S Journal Now 10:30 Nutrition Bingo 12:30 Rook for beginners</p> <p>6:00—9:00 p.m. Senior Center Hoedown \$5 Yee Haw</p>	<p>18 10 Quilting 10 Bluegrass Band 11 Birthday Party 12 Knitting @ YCL</p> <p>NO SENIOR SUPPER</p>	<p>19 9 Computer Zone 10 Walking w/Music 11 Dog Dayz: A Woofing Good Time with Wendy Anderson 12:30 Stretch w/Natalie 6 Zumba \$4</p>	<p>20 9 Local Yokel 10 Senior Chorus Meeting 11 Wake Forest Health w/ John Brice 1 Pegs & Jokers</p>	<p>21 9 Relaxation Station 10 Walking w/ Music 10 Blood Pressure Checks 11 Touched by Angels: Home Health *YMCA PASS* 9-12</p>
<p>24 10 W-S Journal Now 10:30 Nutrition Bingo 12:30 Rook for beginners</p> <p>6 Zumba beginner \$4</p>	<p>25 10 Quilting 11 FDIC & SCAMS w/ Carter & Trust -Robin Gamble 12 Knitting @ YCL 5-7 Dance @ East Bend Senior Center \$5</p>	<p>26 9 Computer Zone 10 Walking w/Music 11 - Yadkin Valley Pharmacy - New Drug Program & Medicare 12:30 Stretch w/Natalie 6 Zumba \$4</p>	<p>27 9 Local Yokel 11 NC Cooperative Ext. w/ Marilyn Wells 1 Pegs & Jokers</p> <p>6 Yadkin Deaf Bible Study 6 Rook</p>	<p>28 9 Relaxation Station 11 Mt. Valley Hospice w/ Allison Brown: Alive Inside</p> <p>2-4:30 Senior FUN DAY Yadkinville Methodist Church *YMCA PASS* 9-12</p>
<p>31 10 W-S Journal Now 10:30 Nutrition Bingo 11 Halloween Party 12:30 Rook for beginners</p> <p>6 Zumba beginner \$4 Happy Halloween!</p>			 	<p><i>Lunch is served daily at 11:30 a.m. for ages 60 & older.</i></p> <p><i>You must be registered. 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."