



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2016

What's Happening...



Sept. Art Class - Wax Paper Stained Glass
1st Tuesday 12:30 - 2:30 p.m.

Spaces are limited.

Please call your Senior Center to register.

Sponsored by the Yadkin Arts Council

September Guest Speakers: All programs begin at 11:00 a.m.

9/06 - Yadkinville Police Dept. Gun Safety w/ Jason Penley

9/15 - Wake Forest Medical Center w/ John Brice: Understanding Colon Cancer

9/16 - Touched by an Angel Home Health Care: Bingo & Blood Pressure

9/22 - NC Cooperative Ext. w/ Marilyn Wells

9/23 - MV Hospice & Palliative Care w/ Allison Brown - Alive Inside

9/29 - Yadkin County Sheriff's Dept. Senior Safety w/ Dept. Sharon Diaz

Celebrate Senior Center Month with a Pinto Bean Potluck Luncheon

Tuesday, September 20th @ 11:00 a.m.

Senior Center will provide pinto beans and paper products.

Please bring a side to compliment pintos or a dessert.

Pinto Bean Potluck will take place of September Senior Supper



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

The Center will be CLOSED
Monday, September 5th in
observance of Labor Day.



Friday's are T-Shirt Day



Senior
Unit Bow



@ The Yadkin County
Senior Center

Friday, September 9th
@ 11:00 a.m.



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.

Our financial statement is available upon request.

SEPTEMBER 2016

Mon

Tue

Wed

Thu

Fri

	<p><i>Lunch is served daily at 11:30 a.m. for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more details.</i></p>		<p>1 9 Local Yokel 11 Brain Power 1 Pegs & Jokers</p> <p>6 Rook</p>	<p>2 9 Relaxation Station 10 Walking w/Music 11 Fellowship</p> <p>*YMCA PASS* 9-12</p>
<p>5 CLOSED Labor Day</p>	<p>6 10 Quilting 11 Yadkinville Police Dept. 12 Arts Council Craft 12 Knitting @ YCL 2 Quilters Guild</p>	<p>7 9 Computer Zone 10 Walking w/Music 12:30 Stretch w/Natalie</p> <p>6 Zumba \$4</p>	<p>8 9 Local Yokel 11 Brain Power 1 Pegs & Jokers</p> <p>6 Rook 6 Yadkin Deaf Bible Study</p>	<p>9 9 Relaxation Station 10 Walking w/Music 11 Yadkin Senior Center Unifi Bowl Forbush vs. Starmount</p> <p>*YMCA PASS* 9-12</p>
<p>12 10 Journal Now 10:30 Nutrition Bingo 12:30 Crochet 1:30 Advisory Council 5 Yadkin Bee Association</p>	<p>13 10 Quilting 11 Brain Power 12 Knitting @ YCL 5 Gentry Widow/Widower Support Dinner</p>	<p>14 9 Computer Zone 10 Walking w/Music 12:30 Stretch w/Natalie</p> <p>6 Zumba \$4</p>	<p>15 9 Local Yokel 10 Brain Power 11 Wake Forest Health w/John Brice 1 Pegs & Jokers 6 Rook</p>	<p>16 9 Relaxation Station 10 Blood Pressure Checks 11 Touched by Angel Home Health</p> <p>*YMCA PASS* 9-12</p>
<p>19 10 Journal Now 10:30 Nutrition Bingo 12:30 Crochet</p> <p>6 Zumba beginner \$4</p>	<p>20 10 Quilting 10:30 Bluegrass Band 11 Birthday Party 11- Pinto Bean Potluck  12 Knitting @ YCL</p>	<p>21 9 Computer Zone 10 Walking w/Music 12:30 Stretch w/Natalie</p> <p>6 Zumba \$4</p>	<p>22 9 Local Yokel 10 Brain Power 11 NC Cooperative Ext. 1 Pegs & Jokers 6 Rook 6 Yadkin Deaf Bible</p>	<p>23 9 Relaxation Station 10 Walking w/Music 11 Mountain Valley Hospice w/Allison Brown</p> <p>*YMCA PASS* 9-12</p>
<p>26 10 Journal Now 10:30 Nutrition Bingo 12:30 Crochet</p> <p>6 Zumba beginner \$4</p>	<p>27 10 Quilting 11 Young @ Heart Meal Discussion 12 Knitting @ YCL</p>	<p>27 9 Computer Zone 10 Walking w/Music 12:30 Stretch w/Natalie</p> <p>6 Zumba \$4</p>	<p>29 9 Local Yokel 10 Brain Power 11 Crime Prevention w/ Dept. Diaz 1 Pegs & Jokers 6 Rook</p>	<p>30 9 Relaxation Station 10 Walking w/Music 11 Yadkinville Fire Dept. Fire Safety</p> <p>*YMCA PASS* 9-12</p>



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

