



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2017

Wishing you a Happy and Healthy New Year all Year long!!!

Happy & Healthy begin with laughter, here is a funny for YOU...

A man is driving along a highway and sees a rabbit jump out across the middle of the road. He swerves to avoid hitting it, but unfortunately the rabbit jumps right in front of the car.

The driver, a sensitive man as well as an animal lover, pulls over and gets out to see what has become of the rabbit. Much to his dismay, the rabbit is dead. The driver feels so awful that he begins to cry.

A beautiful blonde woman driving down the highway sees a man crying on the side of the road and pulls over. She steps out of the car and asks the man what's wrong. "I feel terrible," ! he explains, "I accidentally hit this rabbit and killed it."

The blonde says, "Don't worry." She runs to her car and pulls out a spray can. She walks over to the limp, dead rabbit, bends down, and sprays the contents onto the rabbit.

The rabbit jumps up, waves its paw at the two of them and hops off down the road. Ten feet away the rabbit stops, turns around and waves again, he hops down the road another 10 feet, turns and waves, hops another ten feet, turns and waves, and repeats this again and again and again, until he hops out of sight.

The man is astonished. He runs over to the woman and demands, "What is in that can? What did you spray on that rabbit?"

The woman turns the can around so that the man can read the label. It says:

"Hair Spray - Restores life to dead hair, AND adds permanent wave."



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

INCLEMENT WEATHER POLICY

The Senior Center follows the same inclement weather closings as the Yadkin County School System.



You're Only One Workout away from a Good Mood

**Fitness Room Hours:
Monday - Friday
9:00 a.m. - 1:00 p.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.

JANUARY 2017





Mon

Tue

Wed

Thu

Fri

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| <p>2</p> <p>CLOSED</p> | <p>3</p> <p>10 Quilting 11 Brain Power 12 Knitting @ YCL 2 Quilters Guild</p> <p>6 Lion's Club</p> | <p>4</p> <p>9 Game Time 10 Walking w/Music 12:30 Stretch w/Natalie</p> <p>6 Zumba \$4</p> | <p>5</p> <p>9 Local Yokel 10 Senior Chorus 11 Fire Safety w/ Yadkinville Fire Dept. 1 Pegs & Jokers</p> <p>6 Rook</p> | <p>6</p> <p>9 Relaxation Station 10 Walking w/Music 11 New Year's Resolutions</p> <p>*YMCA PASS* 9-12</p> |
| <p>9</p> <p>10 Journal Now 10:30 Nutrition Bingo 12:30 Rook for beginners</p> <p>6 Zumba for beginners \$4</p> | <p>10</p> <p>10 Quilting 10 Brain Games 11 Young @ Heart (Meal Discussions) 12 Knitting @ YCL 4:30 Gentry's Widow/ Widower Supper</p> | <p>11</p> <p>9 Game Time 10 Walking w/Music 12:30 Stretch w/Natalie</p> <p>6 Zumba \$4</p> | <p>12</p> <p>9 Local Yokel 11 Crime Prevention w/ Dept. Diaz 1 Pegs & Jokers</p> <p>6 Rook 6 Yadkin Deaf Bible Study</p> | <p>13</p> <p>9 Relaxation Station 10 Walking w/ Music 11 Mountain Valley Hospice w/Allison Brown</p> |
| <p>16</p> <p>CLOSED</p> | <p>17</p> <p>10 Quilting 10 Bluegrass Band 11 Birthday Party 12 Knitting @ YCL</p> <p>6 Lion's Club</p> | <p>18</p> <p>9 Game Time 10 Walking w/Music 12:30 Stretch w/Natalie</p> <p>6 Zumba \$4</p> | <p>19</p> <p>9 Local Yokel 10 Senior Chorus 11 Brain Games 1 Pegs & Jokers</p> <p>6 Rook</p> | <p>20</p> <p>9 Relaxation Station 10 Walking w/ Music 10 Blood Pressure Checks 11 Touched By Angels Home Health Care</p> <p>*YMCA PASS* 9-12</p> |
| <p>23</p> <p>10 Journal Now 10:30 Nutrition Bingo 12:30 Rook for beginners</p> <p>6 Zumba beginner \$4</p> | <p>24</p> <p>10 Quilting 11 Chalk Art w/ Gerry 12 Knitting @ YCL</p> | <p>25</p> <p>9 Game Time 10 Walking w/Music 12:30 Stretch w/Natalie</p> <p>6 Zumba \$4</p> | <p>26</p> <p>9 Local Yokel 11 Shared Recipes w/ Nancy 1 Pegs & Jokers</p> <p>6 Rook 6 Yadkin Deaf Bible Study</p> | <p>27</p> <p>9 Relaxation Station 10 Walking w/ Music 11 Yadkin Valley Pharmacy w/ David</p> <p>*YMCA PASS* 9-12</p> |
| <p>30</p> <p>10 Journal Now 10:30 Nutrition Bingo 12:30 Rook for beginners</p> <p>6 Zumba for beginners \$4</p> | <p>31</p> <p>10 Quilting 11 Brain Games 12 Knitting @ YCL</p> |  |  | <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> |

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