



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

MAY 2017



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

Senior Center & Nutrition Site will be CLOSED 5/29/17

What's Happening...

FRIDAY, MAY 5TH @ 9:00 A.M.

Yadkin Valley Senior Games Opening Ceremonies - Fisher River Park,
Dobson, NC

WEDNESDAY, MAY 17TH 1:00 - 4:00 P.M.

Hearing Screening with N.C. Dept. of Deaf and Hard of Hearing. No
cost to you, appointment required. Call/e-mail to reserve your time now!

HILLBILLY HIDE-A-WAY RESTAURANT

After a good home cooked **"ALL YOU CAN EAT"** meal you can take a
stroll across the parking lot to the GENERAL STORE, the GIFT SHOP
and to the "MUSIC HALL." In "MUSIC HALL" you can enjoy approxi-
mately three hours of Gospel, Bluegrass, and Country Music – **ALL
INCLUDED!!!**

When: Saturday, May 27th

Cost: \$25.00

Leave the Yadkinville Senior Center at 2:30 p.m.

YOU Make a Difference



MAY IS OLDER AMERICAN'S MONTH

Let's amplify the many
voices of older Americans
and raise awareness of
vital aging issues across
the country.


**TELL US HOW YOU
#AgeOutLoud**

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



MAY 2017

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>10 Journal Now 10:30 Nutrition Bingo 11:30 Lunch 12 Stretch w/ Natalie Wendy 1 Rook for beginners</p> <p>6 Zumba \$4</p>	<p>2</p> <p>10 Quilting 11 Brain Games 11:30 Lunch 12 Knitting @ YCL 2 Quilters Guild</p> <p>6 Lion's Club</p>	<p>3</p> <p>9 Walking to Music 10 Coffee Chat 11:30 Lunch 12 Stretch w/ Natalie Wendy</p> <p>5 Weight Watchers</p>	<p>4</p> <p>9 Local Yokel 10 Senior Chorus 11 Brain Power 11:30 Lunch 1 Pegs & Jokers 6 Yadkin Deaf Bible Study 6 Rook</p>	<p>5</p> <p>9 Walking to Music 10:30 Snack Bingo 10 Opening Ceremonies Yadkin Valley Senior Games -Fisher River Park *YMCA PASS* 9-12</p>
<p>8</p> <p>10 Journal Now 10:30 Nutrition Bingo 11:30 Lunch 12 Stretch w/ Natalie 1 Rook for beginners</p> <p>5 Yadkin County Bee Association</p>	<p>9</p> <p>10 Quilting 11 Young @ Heart Meal Discussion 11:30 Lunch 12 Knitting @ YCL</p> <p>5 GENTRY'S Support Dinner</p>	<p>10</p> <p>9 Walking to Music 10 Coffee Chat 11 Mother's Day Celebration 11:30 Lunch 12 Stretch w/Natalie</p> <p>5 Weight Watchers</p>	<p>11</p> <p>9 Local Yokel 11 Crime Prevention w/ Dept. Diaz 11:30 Lunch 1 Pegs & Jokers</p> <p>6 Rook</p>	<p>12</p> <p>9 Walking to Music 10:30 Snack Bingo 11 Fellowship 11:30 Lunch Deposit Due for Smoky Mountain Trip *YMCA PASS* 9-12</p>
<p>15</p> <p>10 Journal Now 10:30 Nutrition Bingo 11:30 Lunch 12 Stretch w/ Natalie Wendy 1 Rook for beginners</p> <p>6 Zumba \$4</p>	<p>16</p> <p>10 Quilting 10 Band 11 Birthday Party 11:30 Lunch 12 Knitting @ YCL</p> <p>6 Lion's Club</p>	<p>17</p> <p>9 Walking to Music 10 Coffee Chat 10 NC Dept. of Deaf/ Hard of Hearing 12 Stretch w/Natalie 1-4 Hearing Screenings (Appointments Required) 5 Weight Watchers</p>	<p>18</p> <p>9 Local Yokel 10 Senior Chorus 11 David w/ Yadkin Valley Pharmacy 11:30 Lunch 1 Pegs & Jokers</p> <p>6 Rook</p>	<p>19</p> <p>9 Walking to Music 10:30 Snack Bingo 10 Blood Pressure Checks 11 Touched by Angels Older Americans Month 11:30 Lunch *YMCA PASS* 9-12</p>
<p>22</p> <p>10 Journal Now 10:30 Nutrition Bingo 11:30 Lunch 12 Stretch w/Natalie 1 Rook for beginners</p> <p>6 Zumba \$4</p>	<p>23</p> <p>10 Quilting 11 Brain Games 11:30 Lunch 12 Knitting @ YCL</p> <p>5:30 HOT DOG SENIOR SUPPER</p>	<p>24</p> <p>9 Walking to Music 10 Coffee Chat 11:30 Lunch 12 Stretch w/ Natalie Wendy</p> <p>5 Weight Watcher</p>	<p>25</p> <p>9 Local Yokel 11 Mountain Valley Hospice with Allison Brown Independence and Attitude 11:30 Lunch 1 Pegs & Jokers</p> <p>6 Rook</p>	<p>26</p> <p>9 Walking to Music 10:30 Snack Bingo 11 Remembering our Service Men and Women 11:30 Lunch *YMCA PASS* 9-12</p>
<p>29</p> <p>CLOSED Memorial Day</p>	<p>30</p> <p>10 Quilting 11 Brain Games 11:30 Lunch 12 Knitting @ YCL</p>	<p>31</p> <p>9 Walking to Music 10 Coffee Chat 11:30 Lunch 12 Stretch w/Natalie</p> <p>5 Weight Watchers</p>	 	<p><i>Lunch is served daily at 11:30 a.m. for ages 60 & older. You must be registered. Contact Lori Moore, 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."