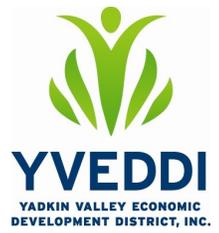




# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



*A North Carolina Certified Senior Center of Excellence*

**November 2016**

## What's Happening...

**We are Thankful for YOU  
Happy Thanksgiving!!!**



**Tuesday, Nov. 15th @ 5:30 p.m. -"SOUPER" Potluck Senior Supper**  
Bring soup, a dessert, or drink to share! And remember you are welcome to bring friends! Entertainment by Sweet Hollow Bluegrass!!!



**HOLLY JOLLY CHRISTMAS SHOW TICKETS ON SALE BEGINNING NOVEMBER 7!!! Contact the center for more information.**

### UPCOMING DAY TRIPS

**Monday, Nov. 21st - Shatley Springs Day Trip @ 8:00 a.m. \$20**

Last trip to Shatley Springs before it closes for the season! Cost includes transportation, all you can eat breakfast, tip, and ice cream. Call or come by the senior center to sign up. Seats will fill fast!

**Friday, Dec. 2nd - Let's Go Day Trip @ 8:00 a.m. \$10**

All you can eat breakfast at Fairfield Inn in Jonesville, then off to the Cosmetology School for your choice of a shampoo and style OR a manicure. Trip includes transportation, breakfast, tip, and cosmetology visit.

**Monday, Dec. 12th - Day Trip to Mt. Airy @ 10:00 a.m. \$10**

Trip includes transportation, shopping (on your own) at Mayberry Mall, lunch (on your own) at Libby Hill Seafood at noon, Tinsel & Magic play (1:30 p.m.), and ice cream on the return!

**Flu and Cold Season ARE HERE!!!  
PLEASE be considerate of others...**

We love it when you visit the center with us, but if you do not feel well OR have a fever, PLEASE stay home to protect yourself and others at the senior center. And remember to wash your hands often!



### 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.

# NOVEMBER 2016

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

	<p><b>1</b> 10 Quilting 11 Brain Games 12 Knitting @ YCL 12:30 Rook for Beginners</p>	<p><b>2</b> 9 Computer Zone 10 Walking w/Music 12:30 Stretch w/Natalie</p> <p>6 Zumba \$4</p>	<p><b>3</b> 9 Local Yokel 10 Senior Chorus Reunion 11 <b>SNAP PROGRAM</b> (Supplemental Nutrition Assistance Program) 1 Pegs &amp; Jokers 6 Rook</p>	<p><b>4</b> 9 Relaxation Station 10 Walking w/Music 11 <b>Getting to Know YOU</b></p> <p>*YMCA PASS* 9-12</p>
<p><b>7</b> 10 Journal Now 10:30 Nutrition Bingo 12:30 Rook for Beginners</p> <p>6 Zumba Beginner \$4</p>	<p><b>8</b> <b>CLOSED</b> <b>For Voting</b></p> 	<p><b>9</b> 9 Computer Zone 10 Walking w/Music 12:30 Stretch w/Natalie</p> <p>6 Zumba \$4</p>	<p><b>10</b> 9 Local Yokel 11 <b>Insurance Questions w/ Joe King</b> 1 Pegs &amp; Jokers</p> <p>6 Yadkin Deaf Bible Study 6 Rook</p>	<p><b>11</b> <b>CLOSED</b> <b>Veterans Day</b></p> 
<p><b>14</b> 10 Journal Now 10:30 Nutrition Bingo 12:30 Rook for Beginners</p> <p><b>5:00 Yadkin County Bee Keepers Association</b></p>	<p><b>15</b> 10 Quilting 10 <b>Bluegrass Band</b> 11 <b>Birthday Party</b> 12 Knitting @ YCL</p> <p><b>5 Souper Senior Supper</b></p>	<p><b>16</b> 9 Computer Zone 10 Walking w/Music 12:30 Stretch w/Natalie</p> <p>6 Zumba \$4</p>	<p><b>17</b> <b>DAY TRIP: CAROLINA CHRISTMAS SHOW</b> 9 Local Yokel 11 <b>Wake Forest Health</b> 1 Pegs &amp; Jokers</p> <p>6 Rook</p>	<p><b>18</b> 9 Relaxation Station 10 Walking w/ Music 10 <b>Blood Pressure Checks</b> 11 <b>Hygiene as we Age: Touched by Angels</b></p> <p>*YMCA PASS* 9-12</p>
<p><b>21</b> <b>SHATLEY SPRINGS TRIP \$20.00</b> 10 Journal Now 10:30 Nutrition Bingo 12:30 Rook for Beginners</p> <p>6 Zumba Beginner \$4</p>	<p><b>22</b> 10 Quilting 11 Food Nutrition w/Kathleen 11 <b>Young at Heart Meal Talk</b> 12 Knitting @ YCL</p> <p><b>5-7 Dance @ East Bend \$5.00 per person</b></p>	<p><b>23</b> 9 Computer Zone 10 Walking w/Music 12:30 Stretch w/Natalie</p> <p>6 Zumba \$4</p>	<p><b>24</b> <b>CLOSED</b> <b>Thanksgiving Holiday</b></p> 	<p><b>25</b> <b>CLOSED</b> <b>Thanksgiving Holiday</b></p> 
<p><b>28</b> 10 Journal Now 10:30 Nutrition Bingo 12:30 Rook for Beginners</p> <p>6 Zumba Beginner \$4</p>	<p><b>29</b> 10 Quilting 11 <b>Yadkin Valley Pharmacy</b> 12 Knitting @ YCL</p>	<p><b>30</b> 9 Computer Zone 10 Walking w/Music 12:30 Stretch w/Natalie</p> <p>6 Zumba \$4</p>	 	<p><i>Lunch is served daily at 11:30 a.m. for ages 60 &amp; 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."