

August 2010 YVEDDI Programs at the Armfield Center

These programs are offered for seniors FREE of charge! Call Barbara Jessup for more information 336-368-2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Joyful Aires</i>	2 <i>Bingo</i>	3 <i>Get-Together Club</i>	4 <i>Closed</i>	5
6	7 <i>Health Information</i>	8 <i>Health Information</i>	9 <i>Bingo</i>	10 <i>Safety Information</i>	11 <i>Closed</i>	12
13	14 <i>Tony Snow Higher Ground</i>	15 <i>Bridgett Pike Stress Management</i>	16 <i>Bingo</i>	17 <i>Exercise with Yvette</i>	18 <i>Closed</i>	19
20	21 <i>Prelette Tillman</i>	22 <i>Safety Information</i>	23 <i>Bingo</i>	24 <i>Exercise with Yvette</i>	25 <i>Closed</i>	26
27	28 <i>Nutrition Information</i>	29 <i>Fellowship</i>	30 <i>Bingo</i>			