



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 2017

What's Happening...

Save The Date: December 7th - Christmas Party



Hello Everyone,

I can't believe its already November.

We had a great trip to Shatley Springs on October 19th. Hope to see you on our next adventure. We are planning a trip to the Southern Supreme Fruitcake Store and more.

- November 1st at 11 AM - Safety Tips by Officer, Jason Penly
- November 2nd at 11 AM - Fraud Prevention by Carter Bank & Trust
- November 3rd at 11 AM - Humana Insurance, John Fore
- November 8th at 11 AM - United Health Care, John Fore
- November 9th at 11 AM - Crime Prevention, Deputy Diaz
- November 15th at 11 AM - John Fore will be back for any follow-up questions
- November 17th at 11 AM - Mountain Valley Hospice, Allison Brown
- November 21st at 11 AM- Band & Birthday Party for the November birthdays
- November 22nd at 11 AM - Thanksgiving Celebration (bring a snack to share with all)
- November 29th at 10 AM - SHIIP, Counselor Jeanie Schepisi will be here to answer insurance questions.

Reminder that we will be **closed**:

Nov. 7th for voting, **Nov. 10th** for Veteran's Day and **Nov. 23-24** for Thanksgiving Holiday.

Honoring all who have served in the U.S. Armed Forces Happy Veteran's Day!

Please join us at the Yadkinville Senior Center for fun and fellowship.

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. 1st and 3rd Thursday.

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

How You Can Give...

The YVEDDI Senior Centers of Yadkin County are proud United Fund Agencies!

We encourage you to SUPPORT THE Yadkin County United Fund

By Mail:
Yadkin County United Fund
205 S. Jackson Street
Yadkinville, NC 27055

Or visit

www.yadkincountyunitedfund.org



NOVEMBER 2017



Mon

Tue

Wed

Thu

Fri

<p>Lunch is served daily at 11:30 a.m. for ages 60 & older.</p> <p>You must be registered. Contact the Nutrition Site Manager for more details.</p>	 	<p>1 9 Journal Now 9 Walking to Music 10 Coffee Chat 11 Safety Tips w/ Officer, Jason Penly 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers</p>	<p>2 9 Journal Now 9 Walking to Music 10 Senior Chorus 11 Fraud Prevention w/ Carter Bank & Trust 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>3 9 Journal Now 9 Walking to Music 10 Healthy Bingo 11 Humana Insurance 11:30 Lunch</p>
<p>6 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Zumba</p>	<p>7 CLOSED Voting</p>	<p>8 9 Journal Now 9 Walking to Music 10 Coffee Chat 11 United Health Care 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers</p>	<p>9 9 Journal Now 9 Walking to Music 11 Crime Prevention, Dep. Diaz 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>10 CLOSED Veteran's Day</p>
<p>13 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Zumba</p>	<p>14 9 Journal Now 9 Walking to Music 10 Quilting 11 Young at Heart Meeting 11:30 Lunch 6 Lions Club</p>	<p>15 9 Journal Now 9 Walking to Music 10 Coffee Chat 11 John Fore will be back for any follow-up questions 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers</p>	<p>16 9 Journal Now 9 Walking to Music 10 Senior Chorus 11 Brain Games 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>17 9 Journal Now 9 Walking to Music 10 Blood Pressure Checks 11 Mountain Valley Hospice w/ Allison Brown 11:30 Lunch</p>
<p>20 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Zumba \$4</p>	<p>21 9 Journal Now 9 Walking to Music 10 Quilting 10 Fellowship & Coffee 11 Band & Birthday Party 11:30 Lunch 5 Senior Supper</p>	<p>22 9 Journal Now 9 Walking to Music 10 Coffee Chat 11 Thanksgiving Celebration 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers</p>	<p>23 CLOSED Thanksgiving Holiday</p>	<p>24 CLOSED Thanksgiving Holiday</p>
<p>27 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Zumba \$4</p>	<p>28 9 Journal Now 9 Walking to Music 10 Fellowship & Coffee 11 Brain Games 11:30 Lunch</p>	<p>29 9 Journal Now 9 Walking to Music 10 Coffee Chat 10-3 SHIIP 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers</p>	<p>30 9 Journal Now 9 Walking to Music 10 Senior Chorus 11 Sing a Long with Dot Matthews 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>INCLEMENT WEATHER POLICY The Senior Center follows the same inclement weather closings as the Yadkin County School System.</p>



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