



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 2017

What's Happening...



October 4th - Medicare information by Jim Hudson

October 10th - Estate Planning with Lindy Paul from Salem Law

October 13th - Information Fair from 1pm to 4pm at the YVEDDI Office in Booneville.

This fair will offer flu shots (please bring your insurance card), free hearing screenings and blood pressure checks, information on Medicare and Part D, Veterans Affairs, Senior Services - SNAP, Weatherization Program, Meals on Wheels, Legal Services, and Transportation Services. Hope you can join us!

October 18th - Supplemental Life Insurance with Vincent Gonyer

October 24th - Yadkin Valley Pharmacy

October 25th - Chalk Artist, Gerry Bennette

October 31st - Halloween Party! Bring a snack to share.

We had a wonderful time at the Beach Bash on Sept 19th. Thank you to Cigna Health Spring for funding that great event for us. I would like to thank all of my volunteers for all the hard work you put in with me on this event: Jimmy Bowman, Linda Blevins, Margie Williams, Barbara Hall, Dot Wright, Max Cranfill, Ruth Hayes Henry Hutchens, Margaret Shore. Thanks to Alan Moxley, Rhonda Beavers and Sandra Johnson for your help as well.

Please make sure you have completed our online survey. It is very important for all Senior Centers to participate in this State-wide study.

Save The Date: **December 7th - Christmas Party** More details to follow.

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



OCTOBER 2017

Mon	Tue	Wed	Thu	Fri
<p>2 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>3 9 Journal Now 9 Walking to Music 10 Quilting 10 Fellowship & Coffee 11 Brain Games 11:30 Lunch 6 Lions Club</p>	<p>4 9 Journal Now 9 Walking to Music 10 Coffee Chat 11 Jim Hudson Medicare 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers</p>	<p>5 9 Journal Now 9 Walking to Music 10 Senior Chorus 11 Brain Games 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>6 9 Journal Now 9 Walking to Music 11 Healthy Bingo 11:30 Lunch</p>
<p>9 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>10 9 Journal Now 9 Walking to Music 10 Quilting 10 Fellowship & Coffee 11:30 Lunch 5 Gentry's Supper</p>	<p>11 9 Journal Now 9 Walking to Music 10 Coffee Chat 11 Yadkin Police Dept. Cop Care 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers</p>	<p>12 9 Journal Now 9 Walking to Music 11 Dept. Diaz Crime Prevention 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>13 9 Journal Now 9 Walking to Music 10:30 Snack BINGO 11 Mountain Valley Hospice Allison Brown 11:30 Lunch</p>
<p>16 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>17 9 Journal Now 9 Walking to Music 10 Quilting 10 Fellowship & Coffee 11 Band & Birthday Party 11:30 Lunch 6 Lions Club</p>	<p>18 9 Journal Now 9 Walking to Music 10 Coffee Chat 11 Vincent Gonyer Insurance 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers</p>	<p>19 9 Journal Now 9 Walking to Music 10 Senior Chorus 11 Brain Games 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>20 9 Journal Now 9 Walking to Music 10 Blood Pressure Checks 11 9 Walking to Music Healthy Bingo 11:30 Lunch</p>
<p>23 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>24 9 Journal Now 9 Walking to Music 10 Quilting 10 Fellowship & Coffee 11 Yadkin Valley Pharmacy 11:30 Lunch 5 Senior Supper</p>	<p>25 9 Journal Now 9 Walking to Music 10 Coffee Chat 11 Gerry Bennette Chalk Art 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers</p>	<p>26 9 Journal Now 9 Walking to Music 11 Young At Heart Meeting 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>27 9 Journal Now 9 Walking to Music 11 Healthy Bingo 11:30 Lunch</p>
<p>30 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>31 9 Journal Now 9 Walking to Music 10 Quilting 10 Fellowship & Coffee 11 Halloween Party 11:30 Lunch</p>	<p>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.</p>		

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