



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2019

## What's Happening...

### September is National Senior Center Month The Key to Aging Well!

We are excited to announce that Sherry Mosely is our new Nutrition Site Manager!!! Welcome Sherry!

**September 3rd at 10:45 a.m. - Tom Bachmann from Social Security:** Question & Answers Session

**The Senior Chorus** will resume on September 4th, 2019.

**September 9th at 11:00 a.m. (2nd Monday of each month):**  
**Blood Pressure Checks** with Natalie Williams from Yadkin County Human Services Agency

**September 12th at 11:00 a.m.- Elder Abuse** with Dept. Diaz

### Monday, September 23 at 5 p.m.: Senior Mingle

*Pre-registration required by: Sept. 16th*

Dinner: Pizza, Salad and Dessert

Location: Yadkin Valley Senior Center

Free event! (donations will be accepted and appreciated)

### Every Wednesday at 1:00 p.m.: Line Dance Classes

Teacher: Margaret Anderson

The price for seniors will be \$2 per class and \$4 for non-seniors.

The **Lion's Club meetings** are held on the **1st & 3rd Tuesday** of each month at **6 p.m.** Everyone is welcome to attend. Vision and Hearing Screenings Available & Prescription Glasses Assistance Available



## NEW!!!

YVEDDI now has a Donation Button on our website that makes it more convenient to donate to your favorite program. Please visit [www.yveddi.com](http://www.yveddi.com)

*Yadkin Valley Economic Development District, Inc. (YVEDDI) is a qualified Section 501 (c) (3) Charitable Organization, EIN 56-0851147. All donors should refer to their tax advisor regarding the deductibility of their donation. No goods or services are provided in exchange for contribution.*

## Information for Services, Referrals & Assistance

### Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- Legal Services
- General and Medical Transportation
- Home Repair/Modification
- Medicare Parts A, B and D
- Congregate Meals/Home Delivered Meals
- Disaster Preparedness
- Report Suspected Abuse, Neglect or Exploitation
- Senior Games
- Telephone Reassurance
- Job Training/Placement
- Durable Equipment/Assistive Devices

### Services Offered Through Information, Referral and Assistance:

- Housing Assistance
- Reverse Mortgage Counseling
- Home Health Services/In-home Aide Services
- Medicaid Benefits
- Social Security Benefits
- Long-term Care Facilities
- Rehabilitation Services
- Respite
- Energy Assistance
- Food Distribution
- Adult Day Care
- Mental Health
- Hospice Care

## 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](http://www.yadkincountyunitedfund.org)



# SEPTEMBER 2019

Mon	Tue	Wed	Thu	Fri
2 CLOSED Labor Day	3 9 Journal Now 9 Walking to Music 10 Quilting <b>10:45 Tom Bachmann from Social Security: Question &amp; Answers</b> 11:30 Lunch <b>6 Lion's Club</b>	4 9 Journal Now 10 Walking to Music <b>11 Story Time with Jessica Smith from Yadkin Public Library</b> 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$ <b>2:30 Senior Chorus</b>	5 9 Journal Now 9 Walking to Music <b>11 Rid-a-Bug Home Health with Marty Roberts</b> 11:30 Lunch 1 Pegs & Jokers 6 Rook	6 9 Journal Now 9 Walking to Music 10:45 Healthy Bingo with Cigna 11:30 Lunch
9 9 Journal Now 9 Walking to Music 10:30 Safety BINGO <b>11 Blood Pressure Checks</b> 11:30 Lunch 12 Chair Exercise 1 Rook for beginners 6 Bee Association	10 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Brain Games</b> 11:30 Lunch 5 Gentry Supper	11 9 Journal Now 10 Walking to Music <b>11 Trivia Challenge</b> 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$	12 9 Journal Now 10 Walking to Music <b>11 Elder Abuse with Dept. Diaz</b> 11:30 Lunch 1 Pegs & Jokers 6 Rook	13 9 Journal Now 9 Walking to Music 10 Healthy Bingo 11:30 Lunch
16 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for Beginners 6 Zumba \$\$	17 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Birthday Party &amp; Band</b> 11:30 Lunch <b>6 Lion's Club</b>	18 9 Journal Now 10 Walking to Music <b>11 Color-Time</b> 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$ <b>2:30 Senior Chorus</b>	19 9 Journal Now 10 Walking Music <b>11 Sandy from Domestic Violence</b> 11:30 Lunch 1 Pegs & Jokers 6 Rook	20 9 Journal Now 9 Walking to Music 10 Safety Bingo 11:30 Lunch
23 9 Journal Now 9 Walking to Music 10:30 Healthy BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for beginners 5 Senior Mingle YVSC \$5 6 Zumba \$\$	24 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Sing-a-Long with Dot Matthews</b> 11:30 Lunch 5 Senior Supper	25 9 Journal Now <b>11 Young at Heart Meeting</b> 12 Stretch & Flex 1 Line Dance Lessons \$	26 9 Journal Now 9 Walking to Music <b>11 Brain Games</b> 11:30 Lunch 1 Pegs & Jokers 6 Rook	27 9 Journal Now 9 Walking to Music 10 Nutrition Bingo 11:30 Lunch
30 9 Journal Now 9 Walking to Music 10:30 Safety BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for beginners 6 Zumba \$\$			<i>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more details</i>	 <b>YVEDDI</b> YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.

**Mission Statement:** To improve and maintain independent wellness for the senior community through advocacy, nutrition, volunteerism and vigorous programming to promote healthy minds, bodies and spirits.