



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

August 2024

What's Happening...

We have N95 masks available at the center while supplies last!!

Facebook Live Virtual Events and In-Person Activities

Mondays at 12:00-1:00 PM: Quarter Bingo (bring your quarters)

Mondays: 11:00 AM-12:00 PM: Partner's Health with LaQuisha Martin-Hillian

Mondays at 10:00 AM: Cardio Drumming with Smart Board upon request!

Monday: CAROLINA SHAG is moving to a new location please contact Brian G. for information at 336.970.0034 Thank You.

2nd Monday of the month at 6:00 PM: Bee Keepers

Tuesdays at 10:00 AM: Quilting **(STARTS IN SEPTEMBER)**

Come out and join us for quilting. Volunteer Patricia Rogers will be assisting with any of your needs or wants in our quilting class.

1st Tuesday of the month at 6:00 PM: Yadkin Historic Society

2nd Tuesday of the month at 5:00 PM: Gentry-Widow/Widower Supper Pot-Luck, meat and drinks will be provided, bring a covered dish to share.

4th Tuesday of the month at 5:00 PM: Senior Supper

Senior Suppers will be Pot Luck or small fee. **You must sign up for these meals at least one week prior to the event. Please call to ask if it will be POT-LUCK or if you need to make a donation toward the meal. 336-679-3596**

Wednesdays at 10:15 -11:15 AM: Line Dance Lessons \$

Wednesdays at 12:00-1:00PM: Corn Hole

Wednesdays at 12:00 PM: FLEXERCISE will resume as soon as we have a new instructor. Sorry for any inconvenience .

1st & 3rd Thursday at 10:00 AM: Senior Chorus **(Will resume in September!!!)**

2nd Thursday of the month at 11:00 AM: Crime Prevention with Dept. O'Leary

Thursdays: Pegs & Jokers at 1:00 PM and Rook at 6:00 PM

Fridays at 10:00 - 11:00 AM: Trivia Bingo (Bring your quarters)

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



AUGUST 2024



Mon	Tue	Wed	Thu	Fri
Lunch is served daily at 11:30 a.m. for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more Information			1 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers 6 Rook	2 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
5 9 Walking to Music 10 Color-Time/Puzzle 11-12 Partners Health with LaQuisha Martin-Hillian 11:30Lunch 12-1Quarter BINGO 1 Rook for Beginners	6 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11 Nutrition Highlights 11:30 Lunch 6 Yadkin Historic Society	7 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole	8 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers 6 Rook	9 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
12 9 Walking to Music 10 Medicare 101 10 Color-Time/Puzzle 10 Cardio Drumming 11:30Lunch 12-1Quarter BINGO 1 Rook for Beginners 6 Bee Keepers	13 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11 Nutrition Highlights 11:30 Lunch 5 Gentry Widow-Widower Supper	14 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole	15 9 Walking to Music 10 Color-time/ Puzzle 11 Crime Prevention with Deputy O'Leary 11:30 Lunch 1 Pegs & Jokers 6 Rook	16 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
19 9 Walking to Music 10 Color-time/ Puzzle 10 Cardio Drumming 11:30 Lunch 12-1 Quarter Bingo 1 Rook for Beginners	20 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11 Nutrition Highlights 11:30 Lunch	21 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole	22 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers 6 Rook	23 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
26 9 Walking to Music 10 Color Time/Puzzle 10 Cardio Drumming 11:30 Lunch 12-1 Quarter BINGO 1 Rook for Beginners	27 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11 Nutrition Highlights 11:30 Lunch 5 Senior Supper (Pot-Luck or \$\$)	28 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole	29 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers 6 Rook	30. 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch

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.