



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2025

## What's Happening...

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



### National Senior Center Month!

**September 1: Labor Day (Closed)**

**September 7th: Grandparents Day**

*While we honor our grandparents daily, take an extra moment to appreciate all the joy and wisdom that grandparents bring to our lives*

**September 22nd: First Day of Fall**

### Facebook Live Virtual Events and In-Person Activities

#### FLEXERCISE IS BACK!!!!

**Mondays at 10:00-11:00 AM:** Quarter Bingo (bring your quarters)

**Mondays at 12 PM:** Flexercise/Cardio Drumming with Amy Squillini

**1st Monday of the month 11:00 AM-12:00 PM:** Partner's Health

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

**Tuesdays at 10:00 AM:** Quilting

Come out and join us for quilting. Volunteer Patricia Rogers will be in 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 Support 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 from 2 PM to 4 PM:** Rook!!!

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

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

**1st & 3rd Thursday at 10:00 AM:** Senior Chorus

**Thursdays at 1:00 PM :** Pegs & Jokers

**2nd Thursday at 11 AM:** Crime Prevention with Dept. O'Leary

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

**Witches Stew Costume Halloween Party: October 28TH at 5:00 pm**

Yadkin County Senior Center. You must purchase your \$8.00 TICKET BY OCT. 24th

### Information for Services, Referrals & Assistance Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- 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
- Legal 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



# SEPTEMBER 2025



| Mon   | Tue  | Wed  | Thu  | Fri   |
|---|--|--|--|---|
| <b>1</b><br><b>CLOSED</b><br>   | <b>2</b><br><b>Homebound Meal Deliveries</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>10 Quilting<br>11:30 Lunch  | <b>3</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>10:15 Line Dance Lessons \$<br>11:30 Lunch<br>12-1 Corn Hole<br>2 Rook  | <b>4</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>11:30 Lunch<br>1 Pegs & Jokers  | <b>5</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>10-11 Trivia Bingo<br>11:30 Lunch  |
| <b>8</b><br>9 Walking to Music<br>10 Quarter Bingo<br>10 Color-Time/Puzzle<br>11:30Lunch<br>12 Flexercise/Cardio Drumming<br>1 Rook for Beginners<br><b>6 Bee Keepers</b>   | <b>9</b><br><b>Homebound Meal Deliveries</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>10 Quilting<br>11:30 Lunch<br><b>5 Widow / Widower Support Supper</b> | <b>10</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>10:15 Line Dance Lessons \$<br>11:30 Lunch<br>12-1 Corn Hole<br>2 Rook | <b>11</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>11 Crime Prevention with Dept. O'Leary<br>11:30 Lunch<br>1 Pegs & Jokers | <b>12</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>10-11 Trivia Bingo<br>11:30 Lunch   |
| <b>15</b><br>9 Walking to Music<br>10 Quarter Bingo<br>10 Color-time/ Puzzle<br>11:30 Lunch<br>12 Flexercise/Cardio Drumming<br>1 Rook for Beginners  | <b>16</b><br><b>Homebound Meal Deliveries</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>10 Quilting<br>11:30 Lunch   | <b>17</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>10:15 Line Dance Lessons \$<br>11:30 Lunch<br>12-1 Corn Hole<br>2 Rook | <b>17</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>11:30 Lunch<br>1 Pegs & Jokers   | <b>19</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>10-11 Trivia Bingo<br>11:30 Lunch<br>12   |
| <b>22</b><br>9 Walking to Music<br>10 Quarter Bingo<br>10 Color-time/ Puzzle<br>11:30 Lunch<br>12 Flexercise/Cardio Drumming<br>1 Rook for Beginners<br> | <b>23</b><br><b>Homebound Meal Deliveries</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>10 Quilting<br>11:30 Lunch<br><b>5 Senior Supper</b>                 | <b>24</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>10:15 Line Dance Lessons \$<br>11:30 Lunch<br>12-1 Corn Hole<br>2 Rook | <b>25</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>11:30 Lunch<br>1 Pegs & Jokers   | <b>26</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>10-11 Trivia Bingo<br>11:30 Lunch   |
| <b>29</b><br>9 Walking to Music<br>10 Quarter Bingo<br>10 Color-time/ Puzzle<br>11:30 Lunch<br>12 Flexercise/Cardio Drumming<br>1 Rook for Beginners  | <b>30</b><br><b>Homebound Meal Deliveries</b><br>9 Walking to Music<br>10 Color-time/ Puzzle<br>10 Quilting<br>11:30 Lunch   | <b>October 28th at 5pm<br/>                     Witches Stew Costume<br/>                     Halloween Party!!</b>                | <b>Drop-In Activities<br/>                     Available</b>   | Checkers<br>Jigsaw Puzzles<br>Exercise Room<br>Word Search<br>Card Games<br>Puzzle Exchange<br>Ipads & Tablets<br>Book, DVDs & CDs Exchange |

**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.