



YADKIN COUNTY SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

December 2025

What's Happening...

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

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

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

NO WIDOW/WIDOWER SUPPER THIS MONTH!!!!!!

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

Merry Christmas and a Happy New Year :)

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





DECEMBER 2025



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9 Walking to Music 10 Quarter Bingo 10 Color-Time/Puzzle 11 Partner's Health 11:30Lunch 12 Flexercise/Cardio Drumming 1 Rook for Beginners</p>	<p>2</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 10 Quilting 11:30 Lunch 6 Yadkin Historic Society</p>	<p>3</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook</p>	<p>4</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers</p>	<p>5</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>8</p> <p>9 Walking to Music 10 Quarter Bingo 10 Color-Time/Puzzle 11 Partner's Health 11:30Lunch 12 Flexercise/Cardio Drumming 1 Rook for Beginners</p>	<p>9</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 10 Quilting 11:30 Lunch</p>	<p>10</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook</p>	<p>11</p> <p>9 Walking to Music 10 Color-time/ Puzzle 11 Crime Prevention with Dept. O'Leary 11:30 Lunch 1 Pegs & Jokers</p>	<p>12</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>15</p> <p>9 Walking to Music 10 Quarter Bingo 10 Color-time/ Puzzle 11:30 Lunch 12 Flexercise/Cardio Drumming 1 Rook for Beginners 6 Bee Keepers</p>	<p>16</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 10 Quilting 11:30 Lunch</p>	<p>17</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook</p>	<p>18</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers</p>	<p>19</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch 12</p>
<p>22</p> <p>9 Walking to Music 10 Quarter Bingo 10 Color-time/ Puzzle 11:30 Lunch 12 Flexercise/Cardio Drumming 1 Rook for Beginners</p>	<p>23</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 10 Quilting 11:30 Lunch</p>	<p>24</p> <p>CLOSED</p> <p style="text-align: center;"></p>	<p>25</p> <p>CLOSED</p>	<p>26</p> <p>CLOSED</p>
<p>29</p> <p>CLOSED</p>	<p>30</p> <p>CLOSED</p>	<p>31</p> <p>CLOSED</p>	<p>Drop-In Activities Available Checkers Jigsaw Puzzles Exercise Room Word Search Card Games Puzzle Exchange Ipad & Tablets Book, DVDs & CDs Exchange</p>	

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.

Lori Moore, Manager - (336) 679-3596