



# YADKIN COUNTY SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

January 2026

## What's Happening...

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

## Facebook Live Virtual Events and In-Person Activities

### Mondays!

**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!

**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!

**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

### Thursdays!

**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!

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

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:


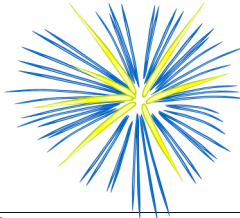
- Housing Assistance
- Legal Assistance
- Reverse Mortgage Counseling
- Home Health Services/In-home Aide Services
- Medicaid Benefits
- Social Security Benefits
- Long-term Care Facilities
- Rehabilitation Services
- Respite
- Energy Assistance
- Food Distribution
- Adult Day Care
- Mental Health
-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





# JANUARY 2026



Mon	Tue	Wed	Thu	Fri
	<p><b>Drop-In Activities Available</b></p> <ul style="list-style-type: none"> <li>Checkers</li> <li>Jigsaw Puzzles</li> <li>Exercise Room</li> <li>Word Search</li> <li>Card Games</li> <li>Puzzle Exchange</li> <li>Ipads &amp; Tablets</li> <li>Book, DVDs &amp; CDs Exchange</li> </ul>		<p>1 CLOSED Happy New Year!</p> 	<p>2 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>5 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>6 <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch <b>6 Yadkin Historic Society</b></p>	<p>7 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook</p>	<p>8 9 Walking to Music 10 Color-time/ Puzzle 10 Senior Chorus 11 Crime Prevention with Dept. O'Leary 11:30 Lunch 1 Pegs &amp; Jokers</p>	<p>9 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>12 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>13 <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch</p>	<p>14 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook</p>	<p>15 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs &amp; Jokers</p>	<p>16 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>19 CLOSED MLK Jr Day</p>	<p>20 <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch</p>	<p>21 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook</p>	<p>22 9 Walking to Music 10 Color-time/ Puzzle 10 Senior Chorus 11:30 Lunch 1 Pegs &amp; Jokers</p>	<p>23 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>26 9 Walking to Music 10 Quarter Bingo 10 Color-time/ Puzzle 11:30 Lunch 12 Flexercise/Cardio Drumming 1 Rook for Beginners</p>	<p>27 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch</p>	<p>28 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook</p>	<p>29 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs &amp; Jokers</p>	<p>30 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</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**