



YADKIN COUNTY SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

February 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 12:00pm Exercise with Shela Rutledge

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)

No Senior Chorus until March!!!!

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





FEBRUARY 2026



Mon	Tue	Wed	Thu	Fri
<p>2</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>3</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 6 Yadkin Historic Society</p>	<p>4</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>5</p> <p>9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers</p>	<p>6</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>9</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 6 Bee Keepers</p>	<p>10</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 5 Gentry Widow/Widower Support Supper</p>	<p>11</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>12</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>13</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>16</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>17</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch</p>	<p>18</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>19</p> <p>9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers</p>	<p>20</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>23</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>24</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 5 Senior Supper</p>	<p>25</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>26</p> <p>9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers</p>	<p>27</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</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