



# YADKIN COUNTY SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

March 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)

### **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

## Happy St. Patrick's Day



# March 2026

Mon	Tue	Wed	Thu	Fri
2 9 Walking to Music 10 Quarter Bingo 10 Color-Time/Puzzle 11 Partner's Health 11:30 Lunch 12 Flexercise/Cardio Drumming 1 Rook for Beginners	3 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 6 Yadkin Historic Society	4 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook	5 9 Walking to Music 10 Color-time/ Puzzle 11 Senior Chorus 11:30 Lunch 1 Pegs & Jokers	6 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
9 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	10 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 5 Gentry Widow/Widower Supper	11 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook	12 9 Walking to Music 10 Color-time/ Puzzle 10 Senior Chorus <b>11 Crime Prevention with Dept. O'Leary</b> 11:30 Lunch 1 Pegs & Jokers	13 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
16 9 Walking to Music 10 Quarter Bingo 10 Color-time/ Puzzle 11:30 Lunch 12 Flexercise/Cardio Drumming 1 Rook for Beginners	17 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch	18 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook	19 9 Walking to Music 10 Color-time/ Puzzle 11 Senior Chorus 11:30 Lunch 1 Pegs & Jokers	20 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
23 9 Walking to Music 10 Quarter Bingo 10 Color-Time/Puzzle 11 Partner's Health 11:30 Lunch 12 Flexercise/Cardio Drumming 1 Rook for Beginners	24 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 5 Senior Supper	25 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook	26 9 Walking to Music 10 Color-time/ Puzzle <b>10 Senior Chorus</b> 11:30 Lunch 1 Pegs & Jokers	27 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
30 9 Walking to Music 10 Quarter Bingo 10 Color-Time/Puzzle 11 Partner's Health 11:30 Lunch 12 Flexercise/Cardio Drumming 1 Rook for Beginners	31 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch		Drop-In Activities Available: Checkers Jigsaw Puzzles Exercise Room Word Search Card Games Puzzle Exchange Ipads & Tablets 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.