



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 2017

Community Information:

- Thursday, February 9th– Yadkin County Sheriff's Dept. w/ Dept. Diaz
- Friday, February 10th - Mountain Valley Hospice Heart Health Trivia w/Allison Brown
- Wednesday, February 15th - Independent Living @ Parkwood Place w/ Vicky Clark
- Thursday, February 16th - Elder Abuse w/YVEDDI Domestic Violence
- Friday, February 17th Home Health Care w/ Touched by Angels
- Thursday, February 23rd Advance Care Planning w/ Greg Matthews
- Friday, February 24th Hugh Chatham Urgent Care - Yadkinville



Information and Referral

- Fitness Health Promotion
- Senior Games
- Family Support Groups
- Transportation Medical/General
- Caregivers Classes
- Energy Assistance
- Home Repair/ Modification
- Medicaid/Medicare Benefits
- Job Training Placement
- Telephone Reassurance
- Disaster Services
- Long-term Care Facilities
- Rehabilitation Services
- Durable Medical Equipment Asst. Device
- Health Screenings
- Food Distribution
- Tax Preparation Counseling
- Legal Services
- Respite Housing
- Adult Day Care/Day Health
- Reverse Mortgage Counseling
- Home Health Services
- In-home Aide Services
- Hospice Care
- Social Security Benefits
- Community Mental Health
- Congregate/Home Delivered Meals
- Insurance Counseling
- Report Suspected Abuse, Neglect or Exploitation

INCLEMENT WEATHER POLICY

The Senior Center follows the same inclement weather closings as the Yadkin County School System.



Living Healthy Workshop

If you have conditions such as diabetes, arthritis, high blood pressure, heart dis-ease, chronic pain, anxiety, and/or depression, the **NO COST** Living Healthy Workshop can help you take charge of your life.

January 28 - March 1

Wednesdays @ 1:00 p.m.

Contact Natalie Williams to register or for more information @ 336.849.7594

~Do What Makes You Happy
 ~Be With Who Makes You Smile
 ~Laugh As Much As You Breathe
 ~Love As Long As You Live



We are looking for more good people...



To deliver lunch time meals to home-bound seniors. Volunteer mileage reimbursement and volunteer insurance may be available.

Call 336.679.3596 between 9:00 a.m. & 12:00 p.m. for more information.



Is it difficult to trim your nails? Make an appointment to have your nails trimmed at the Yadkin County Senior Center for \$10. Call for an appointment.

FEBRUARY 2017

Mon

Tue

Wed

Thu

Fri

	<p>What did one boat say to the other on Valentine's Day?</p>	<p>1 9 Computer Zone 10 Walking w/Music 12:30 Stretch w/Natalie</p> <p>6 Zumba \$4</p>	<p>2 9 Local Yokel 10 Senior Chorus 11 Fellowship 1 Pegs & Jokers 6 Rook</p> <p>6 Yadkin Deaf Bible Study </p>	<p>3 9 Relaxation Station 10 Walking w/Music 11 Brain Power</p> <p>YMCA PASS* 9-12</p>
<p>6 10 Journal Now 10:30 Nutrition Bingo 12:30 Rook for beginners</p> <p>6 Zumba beginner \$4</p>	<p>7 10 Quilting 11 Young @ Heart Meal Discussion 12 Knitting @ YCL* 2 Quilters Guild</p> <p>6 Lions Club</p>	<p>8 9 Computer Zone 10 Walking w/Music 12:30 Stretch w/Natalie 1 Living Healthy Workshop* (213 E. Elm St.)</p> <p>6 Zumba \$4</p>	<p>9 9 Local Yokel 11 Crime Prevention w/ Dept. Diaz 1 Pegs & Jokers</p> <p>6 Rook</p>	<p>10 9 Relaxation Station 10 Walking w/ Music 11 Mt. Valley Hospice Heart Health Trivia w/ Allison Brown</p> <p>*YMCA PASS* 9-12</p>
<p>13 10 Journal Now 10:30 Nutrition Bingo 12:30 Rook for beginners</p> <p>5 - Yadkin County Bee Association</p>	<p>14 10 Quilting 10 Valentine Craft 11 Valentines Party 12 Knitting @ YCL*</p> <p>5 Gentry's Widow/ Widower Supper</p>	<p>15 9 Computer Zone 11 Independent Living @ Parkwood Place w/Vicky Clark 12:30 Stretch w/Natalie 1 Living Healthy Workshop* 6 Zumba \$4</p>	<p>16 9 Local Yokel 10 Senior Chorus 11 Domestic Violence w/ Elder Abuse 1 Pegs & Jokers 5 Valentines Dance \$10* East Bend Senior Center 6 Rook</p>	<p>17 9 Relaxation Station 10 Walking w/ Music 10 Blood Pressure Checks 11 Touched by Angels - Home Health Care</p> <p>*YMCA PASS* 9-12</p>
<p>20 10 Journal Now 10:30 Nutrition Bingo 12:30 Rook for beginners</p> <p>6 Zumba beginner \$4</p>	<p>21 10 Quilting 10 Bluegrass Band 11 Birthday Party 12 Knitting @ YCL*</p> <p>6 Lion's Club</p>	<p>22 9 Computer Zone 10 Walking w/Music 12:30 Stretch w/Natalie 1 Living Healthy Workshop* (213 E. Elm St.)</p> <p>6 Zumba \$4</p>	<p>23 9 Local Yokel 11 Advance Care Planning w/ Greg Matthews 1 Pegs & Jokers</p> <p>6 Rook</p>	<p>24 9 Relaxation Station 10 Walking w/ Music 11 Hugh Chatham Urgent Care - When and Why</p> <p>*YMCA PASS* 9-12</p>
<p>27 10 Journal Now 10:30 Nutrition Bingo 12:30 Rook for beginners</p> <p>6 Zumba beginner \$4</p>	<p>28 10 Quilting 11 Chalk Art w/ Gerry 12 Knitting @ YCL*</p> <p>5 Senior Supper Bring a Dish to Share</p>	<p>“Are you up for a little row-mance?”</p> 		<p>Lunch is served daily at 11:30 a.m. for ages 60 & older.</p> <p>You must be registered. Contact the Nutrition Site Manager, Lori Moore for more details.</p>

Mission Statement: “To improve or maintain independent wellness for the older adult through advocacy and vigorous programming.”