



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2017

What's Happening...



Sept. 6th at 11:00 AM Medicare and Life Insurance Information by Vincent Gonyer

September 12th at 5 PM Beach Bash at the Yadkin County Senior Center in Yadkinville. Sponsored by Cigna Health Spring.

Free to seniors 55 and over
Food, Fun, and Beach Music.

Sept. 28th 11:00 AM Insurance Information by Joe King

Important Notice: The **Pigeon Forge trip** will have to be cancelled again, due to not enough people interested in going. We must have 30 people for us to be able to take an over night trip like this one. My goal is to plan a trip that shows enough interest. The trips we plan through Diamond Tours offers great deals, but they must have enough people to go for everyone to receive great savings.

We had a great time on our trip to the Farmers Market and Hamrick's last month. YCSC still has some vouchers for the Farmers Market if you are interested. They will expire on September 30th and must be used by the expiration date.

We have a lot of things going on in September, please check out the calendar on the back page.

School is Back in Session, please be careful and watch out for the children and buses.

Please join us at the Yadkinville Senior Center for fun and fellowship.

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. 1st and 3rd Thursday.

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

How You Can Give...

The YVEDDI Senior Centers of Yadkin County are proud United Fund Agencies!

We encourage you to SUPPORT THE Yadkin County United Fund



By Mail:
Yadkin County United Fund
205 S. Jackson Street
Yadkinville, NC 27055

Or visit

www.yadkincountyunitedfund.org



SEPTEMBER 2017

Mon	Tue	Wed	Thu	Fri
<p><i>Lunch is served daily at 11:30 a.m. for ages 60 & older.</i></p> <p>You must be registered. Contact the Nutrition Site Manager for more details.</p>				<p>1 9 Walking to Music 10:30 Snack Bingo 11 Fire Meeting 11:30 Lunch</p> <p>*YMCA PASS* 9-12</p>
<p>4</p> <p>CLOSED</p>	<p>5 10 Quilting 11 Fellowship & Coffee 11:30 Lunch 12 Knitting @ YCL 5 Lions Club</p>	<p>6 9 Walking to Music 10 Coffee Chat 11 Vincent Gonyer Medicare & Insurance 11:30 Lunch 12 Stretch w/Natalie 5 Weight Watchers</p>	<p>7 9 Local Yokel 10 Senior Chorus 11 Brain Games 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>8 9 Walking to Music 10:30 Snack Bingo 11 Allison Brown with Mountain Valley Hospice 11:30 Lunch</p> <p>*YMCA PASS* 9-12</p>
<p>11 10 Journal Now 10:30 Nutrition Bingo 11:30 Lunch 12 Stretch w/Natalie 1 Rook for beginners</p>	<p>12 10 Quilting 10 Coffee Time 11 Young at Heart & Meals on Wheels Discussion 11:30 Lunch 12 Knitting @ YCL 5 Beach Bash</p>	<p>13 9 Walking to Music 10 Coffee Chat 11 Linda Neal from Curves 11:30 Lunch 12 Stretch w/Natalie 5 Weight Watchers</p>	<p>14 9 Local Yokel 11 Coffee Chat & Fellowship 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>15 9 Walking to Music 10 Blood Pressure Checks 11 Touched By Angels 10:30 Snack Bingo 11 Touched By Angels 11:30 Lunch</p> <p>*YMCA PASS* 9-12</p>
<p>18 10 Journal Now 10:30 Nutrition Bingo 11:30 Lunch 12 Stretch w/Natalie 1 Rook for beginners 6 Zumba \$4</p>	<p>19 10 Quilting 11 Band & Birthday Party 11:30 Lunch 12 Knitting @ YCL 5 Lions Club</p>	<p>20 9 Walking to Music 10 Coffee Chat 11 Jokers Tales 11:30 Lunch 12 Stretch w/Natalie 5 Weight Watchers</p>	<p>21 9 Local Yokel 10 Senior Chorus 11 Share a Joke 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>22 9 Walking to Music 10:30 Healthy Bingo 11 Joke of the Day 11 Brain Games 11:30 Lunch</p>
<p>25 10 Journal Now 10:30 Nutrition Bingo 11:30 Lunch 12 Stretch w/Natalie 1 Rook for beginners 6 Zumba \$4</p>	<p>26 10 Quilting 11 Fellowship & Coffee 11:30 Lunch 12 Knitting @ YCL</p>	<p>27 9 Walking to Music 10 Coffee Chat 11 Scramble Time 11:30 Lunch Stretch w/Natalie 5 Weight Watchers</p>	<p>28 9 Local Yokel 11 Word Search 11:00 Insurance Information by Joe King 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>29 9 Walking to Music 10:30 Snack Bingo 11 Safety Meeting 11:30 Lunch</p> <p>*YMCA PASS* 9-12</p>

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