



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



*A North Carolina Certified Senior Center of Excellence*

March 2018

## What's Happening...

**March 6th** - 11:00 a.m. Sing-a-Long with Dot Matthews

**March 7th** - 11:00 a.m. BINGO hosted by Ericka Rhodes from Cigna

**March 14th** - 11:00 a.m. Senior Safety and Hygiene presented by Tina Ellis from Vitality Rehab

**March 15th** - Shopping Trip to Hamrick's

Depart from the senior center at 8:30 a.m.

Free transportation for congregate participants

Stops: BoJangles (breakfast) , Hamrick's, K & W (lunch) and the Amish Store in Hamptonville

(food and shopping on your own)

**March 16th** - 10:30 a.m. St. Patrick's Day Party

*(bring a snack to share)*

**March 22nd** - 11:00 a.m. Story-Telling with Becky Swaim from Yadkinville Library

**March 29th** - 11:00 a.m. Inspirational Chalk Artist, Gerry Bennette

**2nd Monday of each month at 11:00 a.m.**

Blood Pressure Checks with Natalie Williams from Yadkin County Human Services Agency

**2nd Tuesday of each month- 5:00 PM Gentry Potluck Supper**

Guests are asked to bring a dish of food to share with friends, such as a casserole or dessert.

**4th Tuesday of each month at 5:00 PM Potluck Senior Supper**

Guests are asked to bring a dish of food to share with friends, such as a casserole or dessert.

## RAFFLE

**60/40 Fundraiser Raffle:** Tickets \$2 each or 3 for \$5. 60% of money will go to the Yadkin County Senior Centers and 40% will go to the winning ticket. Drawing will be held on April 25th.

**\$500 Gift Certificate from Foothills Meat Center.** Tickets \$2 each

Drawing: June 28th, 2018

Proceeds benefit the YVEDDI Meals on Wheels Program

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

## 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](http://www.yadkincountyunitedfund.org)



# MARCH 2018

Mon	Tue	Wed	Thu	Fri
<p>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older.</p> <p>You must be registered. Contact the Nutrition Site Manager for more details</p>			<p>1 9 Journal Now 9 Walking to Music 10-11 Senior Chorus 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>2 9 Journal Now 9 Walking to Music 10 Coffee Chat 10:30 Healthy Bingo 11:30 Lunch</p>
<p>5 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Zumba \$4</p>	<p>6 9 Journal Now 9 Walking to Music 10 Fellowship &amp; Coffee 10 Quilting <b>11 Sing-a-Long with Dot Matthews</b> 11:30 Lunch 5 Lions Club</p>	<p>7 9 Journal Now 10 Walking to Music <b>11 Ericka Rhodes from Cigna Health Spring- Bingo</b> 11:30 Lunch 12 Stretch &amp; Flex 5 Weight Watchers \$</p>	<p>8 9 Journal Now 10 Walking to Music <b>11 Crime prevention with Dept. Diaz</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>9 9 Journal Now 9 Walking to Music 10 Coffee Talk 10:30 Healthy Bingo <b>11 Allison Brown, Mountain Valley Hospice Topic-Stress Busting</b> 11:30 Lunch</p>
<p>12 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO <b>11 Blood Pressure Checks</b> 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Bee Association</p>	<p>13 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Young at Heart Meeting</b> 11:30 Lunch <b>5 Gentry Potluck Supper</b></p>	<p>14 9 Journal Now 10 Walking to Music <b>11 Tina Ellis from Vitality Rehab to share on Senior Safety and Hygiene</b> 11:30 Lunch 12 Stretch &amp; Flex 5 Weight Watchers \$</p>	<p>15 8:30 Trip to Hamrick's 9 Journal Now 9 Walking to Music 10-11 Senior Chorus 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>16 9 Journal Now 9 Walking to Music 10 Coffee Chat <b>10:30 St Patrick's Day Party</b> 11:30 Lunch</p>
<p>19 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Zumba \$4</p>	<p>20 9 Journal Now 9 Walking to Music 10 Quilting 10 Fellowship &amp; Coffee <b>11 Birthday Party &amp; Band</b> 11:30 Lunch 5 Lions Club</p>	<p>21 9 Journal Now <b>9:30-12:30 Division of Services for the Deaf &amp; Hard of Hearing</b> 10 Walking to Music 11:30 Lunch 12 Stretch &amp; Flex 5 Weight Watchers \$</p>	<p>22 9 Journal Now 10 Walking to Music <b>11 Becky Swaim from Yadkinville Library will be here to share a Story</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>23 9 Journal Now 9 Walking to Music 10:30 Nutrition Bingo 11:30 Lunch</p>
<p>26 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Zumba \$4</p>	<p>27 9 Journal Now 9 Walking to Music 10 Quilting 10 Fellowship &amp; Coffee <b>11 Fellowship Time</b> 11:30 Lunch <b>5 Potluck Senior Supper</b></p>	<p>28 9 Journal Now 10 Walking to Music 11 Fellowship 11:30 Lunch 12 Stretch &amp; Flex 5 Weight Watchers \$</p>	<p>29 9 Journal Now 10 Walking to Music <b>11 Chalk Artist, Gerry Bennette</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>30 CLOSED Good Friday</p>



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