



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



*A North Carolina Certified Senior Center of Excellence*

**JULY 2018**

## What's Happening...

**July 4th - Yadkinville Parade at 5:00pm.** Fireworks will start at dusk.

**July 28th 5:30 –8:30 pm Singles Night Dinner & Dance**

(Location: Yadkin Valley Senior Center)

Includes dinner (Barbeque, slaw and baked beans) and entertainment by "Blue Grace". Singles only, no married couples please. Our goal is to combat loneliness in the lives our single seniors. Free to seniors. Please contact Rhonda to RSVP.



### RAFFLE:

**Log Cabin Quilt Raffle:** \$1.00 each or 6 for \$5.00 Drawing: July 31, 2018

"Log Cabin Quilt" Donated by the Yadkin River Quilters Guild

**October 16,17, and 18, 2018 Ark Encounter and Creation Museum- 2 nights/3 day trip**

Double Adult Rate: \$372.00 / Double Senior Rate: \$362.00

Triple Adult Rate: \$320.00 / Triple Senior: \$310.00

Quad Adult Rate: \$294.00 / Quad Senior: \$284.00

▪ \*Price per person

\$50 deposit due by August 6th and full payment 30 days prior to departure.

See any Yadkin County Senior Center Manager for more details and to reserve your seat.

▪ Includes motor coach transportation

▪ 2 nights lodging

▪ Two (2) complimentary breakfast

▪ Entrance into the museum and Ark

Food and shopping are on your own. On our way back on the 18th we will stop at Hill Billy Hot Dog which is Famous in the area. (It was featured on Guy Fieri's Food Drive Inns and Dives.) Hillbilly Hot Dogs serves gourmet hot dogs, burgers, salads and more with quirky, down-home charm.

**July 18th, 2018 9:30 am to 12:00 pm Hearing Screenings**

A representative from the Division of Services for the Deaf & Hard of

Hearing will be on-site to perform hearing screenings

By appointment only. Please call for an appointment (336) 273-9692 Ext. 101 or email

Kathleen.Litman@dhhs.nc.gov

**Don't forget we will be closed on July 4th for Independence Day**

## 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)



# JULY 2018

Mon	Tue	Wed	Thu	Fri
<p>2 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>3 9 Journal Now 10 Walking to Music 10 Quilting 11 Sing-a-Long with Dot Matthews 11:30 Lunch 5 Lions Club</p>	<p>4  CLOSED Independence Day</p>	<p>5 9 Journal Now 10 Walking to Music 10-11 Senior Chorus 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>6 9 Journal Now 9 Walking to Music 10 Coffee Chat 10:30 Healthy Bingo 11:30 Lunch</p>
<p>9 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercises 1 Rook for beginners <b>6 Bee Association</b></p>	<p>10 9 Journal Now 10 Walking to Music 10 Quilting 11 Blood Pressure Checks 11 Young-at-Heart Meeting 11:30 Lunch 5 Gentry Supper (Guests are asked to bring a dish of food to share with friends, such as a casserole or dessert.)</p>	<p>11 9 Journal Now 10 Walking to Music 11 United Health Care-Garfield 11:30 Lunch 12 Stretch &amp; Flex 5 Weight Watchers \$</p>	<p>12 9 Journal Now 10 Walking to Music 10-11 Senior Chorus 11 Dept. Diaz Crime Prevention 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>13 9 Journal Now 9 Walking to Music 10 Coffee Talk 10:30 Healthy Bingo 11 Fellowship &amp; Fun 11:30 Lunch</p>
<p>16 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 5 Zumba \$4</p>	<p>17 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Birthday Party &amp; Band</b> 11:30 Lunch 5 Lions Club</p>	<p>18 9 Journal Now 10 Walking to Music 11 Chalk Artist Gerry Benette 11:30 Lunch 12 Stretch &amp; Flex 5 Weight Watchers \$</p>	<p>19 9 Journal Now 9 Walking to Music <b>10-11 Senior Chorus</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>20 9 Journal Now 9 Walking to Music 10 Coffee Chat 10:30 Healthy Bingo 11 Fellowship Time 11:30 Lunch</p>
<p>23 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>24 9 Journal Now 9 Walking to Music 10 Quilting 10 Fellowship &amp; Coffee <b>11 United Health Care-Garfield</b> 11:30 Lunch <b>5 Lions Club</b></p>	<p>25 9 Journal Now 10 Walking to Music 11 Fellowship &amp; Fun 11:30 Lunch 12 Stretch &amp; Flex 5 Weight Watchers \$</p>	<p>26 9 Journal Now 10 Walking to Music 10:45 Mae Ferguson with Humana Scam Prevention 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>27 9 Journal Now 9 Walking to Music 10:30 Healthy Bingo 11 Fellowship Time 11:30 Lunch</p>
<p>30 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>31 9 Journal Now 10 Walking to Music 10 Quilting 11 United Health Care-Garfield 11:30 Lunch 5 Senior Potluck Supper</p>	<p><b>4th Tuesday of each month at 5:00 PM Potluck Senior Supper</b> Guests are asked to bring a dish of food to share with friends, such as a casserole or dessert</p>		<p><i>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more details</i></p>



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