



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

AUGUST 2018

What's Happening...

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

Log Cabin Quilt Raffle

Drawing was held on July 31st

Winner: Robin McDonald

Raised \$672.00

The top ticket seller was David Sloop

All proceeds benefit the YVEDDI Meals-on-Wheels Program (Yadkin County)

August 14th at 5 p.m. Single's Mingle Dinner and Dance

You must sign up by Friday, August 10th. For all single people, widows & widowers. FREE!

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.

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



AUGUST 2018

Mon

Tue

Wed

Thu

Fri

<p><i>Lunch is served daily at 11:30 a.m. for ages 60 & older.</i></p> <p><i>You must be registered. Contact the Nutrition Site Manager for more details</i></p>		<p>1 9 Journal Now 10 Walking to Music 11 Puzzle Time 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers \$</p>	<p>2 9 Journal Now 10 Walking to Music 11 Phoenix Home Care with Chaquel Wilson 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>3 9 Journal Now 9 Walking to Music 10 Coffee Chat 10:30 Healthy Bingo 11 Brain Gams 11:30 Lunch</p>
<p>6 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Zumba \$3 For seniors \$4 for others 1st visit is free.</p>	<p>7 9 Journal Now 10 Walking to Music 10 Quilting 10:45 Yadkin Fire Dept Home Safety with Jody Doss 11:30 Lunch 5 Lions Club</p>	<p>8 9 Journal Now 10 Walking to Music 11 Vaya Health Anxiety Disorders with Mandy Matney 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers \$</p>	<p>9 9 Journal Now 10 Walking to Music 11 Crime Prevention with Dept. Diaz 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>10 9 Journal Now 9 Walking to Music 10 Coffee Talk 11 Brain Games 10:30 Healthy Bingo 11 Brain Games 11:30 Lunch</p>
<p>13 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11 Blood Pressure Checks 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Bee Association</p>	<p>14 9 Journal Now 9 Walking to Music 10 Quilting 11 Yadkin Library Stories with Becky Swaim 11:30 Lunch 5 Single Mingle & Gentry Supper</p>	<p>15 9 Journal Now 10 Walking to Music 11 Puzzle Time 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers \$</p>	<p>16 9 Journal Now 9 Walking to Music 11 Gina Styers with Patriot Living 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>17 9 Journal Now 9 Walking to Music 10 Coffee Chat 11 Brain Games 10:30 Healthy Bingo 11:30 Lunch</p>
<p>20 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Zumba \$3 for seniors \$4 for others 1st visit is free</p>	<p>21 9 Journal Now 9 Walking to Music 10 Quilting 10 Fellowship & Coffee 11 Birthday Party & Band 11:30 Lunch 5 Lions Club</p>	<p>22 9 Journal Now 10 Walking to Music 11 Puzzle Time 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers \$</p>	<p>23 9 Journal Now 10 Walking to Music 11 Humana with Mae Ferguson 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>24 9 Journal Now 9 Walking to Music 10:30 Healthy Bingo 11 Brain Games 11:30 Lunch</p>
<p>27 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Zumba \$3 for seniors \$4 for others 1st visit is free</p>	<p>28 9 Journal Now 10 Walking to Music 10 Quilting 11 Brain Games 11:30 Lunch 5 Senior Potluck Supper</p>	<p>29 9 Journal Now 10 Walking to Music 11 Puzzle Time 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers \$</p>	<p>30 9 Journal Now 10 Walking to Music 10:45 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>31 9 Journal Now 9 Walking to Music 10:30 Healthy Bingo 11 Brain Games 11:30 Lunch</p>

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.