



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



*A North Carolina Certified Senior Center of Excellence*

**September 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

### Sept. 11 at 5 p.m. Single's Mingle Dinner and Dance

Dinner includes spaghetti, salad, roll, and peach cobbler & ice cream

Entertainment provided by the Centennial Squares

Location: East Bend Senior Center

You must sign up by Sept 7th.

For all single people, widows & widowers. FREE!

### Sept. 13 at 11 a.m. Crime Prevention with Dept. Diaz from the Yadkin County Sheriff's Dept.

### Sept. 17 at 10:45 a.m. Laura Plunkett from the PTRC will be here to talk about classes on "Healthy Living for Seniors".

### Sept. 18 at 10:30 a.m. Birthday Party & Band

### Sept. 25 at 10:45 a.m. Yadkin County Human Services will be here to discuss Medicaid & Food Stamps

### Sept. 19 from 9:00 a.m. -12:00 p.m. On-site Hearing Screenings

Must call (336) 273-9692 ext. 101 (The Division of Services for the Deaf & Hard of Hearing) to make an appointment

### Sept. 25 at 5:00 p.m. Beach Bash

Dinner, Music, Dancing and Door Prizes

No charge!

You must sign up before September 11th



## Information for Services, Referrals & Assistance

### Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- Legal Services
- General and Medical Transportation
- Home Repair/Modification
- Medicare Parts A, B and D
- Congregate Meals/Home Delivered Meals
- Disaster Preparedness
- Report Suspected Abuse, Neglect or Exploitation
- Senior Games
- Telephone Reassurance
- Job Training/Placement
- Durable Equipment/Assistive Devices

### Services Offered Through Information, Referral and Assistance:

- Housing Assistance
- Reverse Mortgage Counseling
- Home Health Services/In-home Aide Services
- Medicaid Benefits
- Social Security Benefits
- Long-term Care Facilities
- Rehabilitation Services
- Respite
- Energy Assistance
- Food Distribution
- Adult Day Care
- Mental Health
- Hospice Care

### 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)



# SEPTEMBER 2018

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<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>				
<p>3 CLOSED Labor Day</p>	<p>4 9 Journal Now 10 Walking to Music 10 Quilting 11 Young at Heart Meeting 11:30 Lunch 5 Lions Club</p>	<p>5 9 Journal Now 10 Walking to Music 11 Puzzle Time 11:30 Lunch 12 Stretch &amp; Flex 5 Weight Watchers \$</p>	<p>6 9 Journal Now 10 Walking to Music 11:30 Senior Chorus 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>7 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>10 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>11 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Sing-a-Long with Dot Matthews</b> 11:30 Lunch 5 Single Mingle &amp; Gentry Supper at East Bend Senior Center — You must sign up.</p>	<p>12 9 Journal Now 10 Walking to Music 11 Puzzle Time 11:30 Lunch 12 Stretch &amp; Flex 5 Weight Watchers \$</p>	<p>13 9 Journal Now 9 Walking to Music <b>11 Crime Prevention with Dept. Diaz</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>14 9 Journal Now 9 Walking to Music 10 Coffee Chat 11 Brain Games 10:30 Healthy Bingo 11:30 Lunch</p>
<p>17 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 10:45 PTRC Laura Plunkett 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Zumba \$3 for seniors \$4 for others 1st visit is free</p>	<p>18 9 Journal Now 9 Walking to Music 10 Quilting 10 Fellowship &amp; Coffee <b>10:45 Birthday Party &amp; Band</b> 11:30 Lunch <b>5 Lions Club</b></p>	<p>19 9 Journal Now 9-12 Deaf &amp; Hard of Hearing 10 Walking to Music 11 Brain Games 11:30 Lunch 12 Stretch &amp; Flex 5 Weight Watchers \$</p>	<p>20 9 Journal Now 10 Walking to Music 10:30 Senior Chorus 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>21 9 Journal Now 9 Walking to Music 10:30 Healthy Bingo 11 Yadkin County Librarian—Becky Swaim 11 Brain Games 11:30 Lunch</p>
<p>24 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>25 9 Journal Now 10 Walking to Music 10 Quilting 10:45 Yadkin County Human Services— Medicare &amp; Food Stamps 11:30 Lunch 5 Beach Bash</p>	<p>26 9 Journal Now 10 Walking to Music 11 Puzzle Time 11:30 Lunch 12 Stretch &amp; Flex 5 Weight Watchers \$</p>	<p>27 9 Journal Now 10 Walking to Music 11 Brain Games 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>28 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.