



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



*A North Carolina Certified Senior Center of Excellence*

**October 2018**

## What's Happening...

### Happy Halloween



#### 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

**October 30 at 5 PM - Single's Mingle Costume Party Dinner & Dance** will be held at the *Yadkin Valley Senior Center*.

\$5 per person. Must registered and paid by Oct. 23.

Dinner includes: Chicken Stew and dessert

Music and Dancing!!!

For all single people, widows & widowers. Wear your Halloween Costume!!

#### October 11 from 1:00 pm to 3:00 pm - Information Fair

Flu Shots by Yadkin Valley Pharmacy starting at 12:30 p.m.

(please bring your insurance card)

Information on Medicare and Part D, SHIP, PTRC, Ombudsman, Advocacy, Healthy Living, Alzheimer's, Nursing Home & In-Home Aide, Veterans Affairs, Senior Services - SNAP, AARP, Weatherization Program, Meals-on-Wheels, Legal Services, and

Transportation Services will be available.

Transportation will be available from your Senior Center.

YVEDDI District Office ▪ 533 N. Carolina Ave. Hwy. 601N ▪ Boonville, NC 27011

#### October 18 - Day Trip to the Southern Fruitcake Supreme & Hamrick's

Must register by 10/5/18. Lunch and shopping on your own.

#### October 19 from 1:30 pm to 3:30 pm - Senior Fun Day at the United

Methodist Church in Yadkinville.

### 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)



# OCTOBER 2018

Mon	Tue	Wed	Thu	Fri
<p>1 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>2 9 Journal Now 9 Walking to Music Quilting <b>11 Sing-a-Long with Dot Matthews</b> 11:30 Lunch 5 Lions Club</p>	<p>3 9 Journal Now 10 Walking to Music 11 Laura Plunkett from PTRC 11:30 Lunch 12 Stretch &amp; Flex 5 Weight Watchers \$</p>	<p>4 9 Journal Now 10 Walking to Music 10:30 Senior Chorus 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>5 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>8 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>9 9 Journal Now 10 Walking to Music 10 Quilting <b>11 Chalk Artist Gerry Benette</b> 11:30 Lunch 5 Lions Club <b>5 Gentry Potluck Supper</b></p>	<p>10 9 Journal Now 10 Walking to Music 11 Puzzle Time 11:30 Lunch 12 Stretch &amp; Flex 5 Weight Watchers \$</p>	<p>11 9 Journal Now 10 Walking to Music 11 Brain Games 11:30 Lunch <b>1 Information Fair</b> 1 Pegs &amp; Jokers 6 Rook</p>	<p>12 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>15 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>16 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Band &amp; Birthday Party</b> 11:30 Lunch 5 Lions Club</p>	<p>17 9 Journal Now 10 Walking to Music 10:30 Emily Jaynes with Alzheimer Association 11:30 Lunch 12 Stretch &amp; Flex 5 Weight Watchers \$</p>	<p>18 <b>DAY TRIP</b> 9 Journal Now 9 Walking to Music <b>10:30 Senior Chorus</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>19 <b>Senior Fun Day</b> 9 Journal Now 9 Walking to Music 10 Coffee Chat 11 Brain Games 10:30 Healthy Bingo 11:30 Lunch</p>
<p>22 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>23 9 Journal Now 9 Walking to Music 10 Quilting 10:45 Ray Atkins with Belltone 11:30 Lunch 5 Lions Club <b>5 Potluck Senior Supper</b></p>	<p>24 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>25 9 Journal Now 10 Walking to Music 11 Yadkin Librarian Becky Swaim 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>26 9 Journal Now 9 Walking to Music 10:30 Healthy Bingo 11 Brain Games 11:30 Lunch</p>
<p>29 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>30 9 Journal Now 10 Walking to Music 10 Quilting 11 Debbie Barr WFBH 11:30 Lunch <b>5 Single Mingle Costume Party Dinner at The Yadkin Valley Senior Center</b> <b>\$5 Need pay by 10/23/18</b></p>	<p>31 9 Journal Now 10 Walking to Music 11 Halloween Party 11:30 Lunch 12 Stretch &amp; Flex 5 Weight Watchers \$</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 and maintain independent wellness for the senior community through advocacy, nutrition, volunteerism and vigorous programming to promote healthy minds, bodies and spirits.