



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 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. **NO GENTRY MEAL THIS MONTH, DUE TO VOTING.**

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

November 27th Single Mingle at the Yadkin County Senior Center at 5:00pm.

Sponsored by AARP & Mark Hensley. You must sign up by 11/20/18 so we know how much food to order. Not sure on the menu at this time, but you will enjoy it. **FREE!**

Senior Chorus will start meeting the 1st and 3rd Wednesday of the month at 2:30pm.

Starting December 10th, 2018 through January 21, 2019 we will be having a workshop on **Living Healthy With Chronic Conditions**. If you are interested in this class please let me know. Contact Lori Moore at (336) 679-3596

Mark your calendar!

December 11th - Holly Jolly Christmas Party \$10 per person. Tickets will go on sale November 12th. More details in the next newsletter.

Hope everyone has a wonderful Thanksgiving.

Reminder: We will be closed...

November 6th for voting

November 12th for Veterans Day

Honoring all who have served in the U.S. Armed Forces. Happy Veteran's Day!

November 22nd-23rd for Thanksgiving Holiday

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



NOVEMBER 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 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>2 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>5 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11 Young-At-Heart Meeting 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Bee Association</p>	<p>6 CLOSED FOR VOTING NO GENTRY MEAL THIS MONTH.</p>	<p>7 9 Journal Now 10 Walking to Music 11 Fire Safety—YCFD 11:30 Lunch 12 Stretch & Flex 2:30 Senior Chorus 5 Weight Watchers \$</p>	<p>8 9 Journal Now 10 Walking to Music 11 Smartphone Class With Adrian Atwater 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>9 9 Journal Now 9 Walking to Music 10 Coffee Talk 11 Allison Brown Mountain Valley Hospice 10:30 Healthy Bingo 11 Brain Games 11:30 Lunch</p>
<p>12 CLOSED</p>	<p>13 9 Journal Now 9 Walking to Music 10 Quilting 11 Vincent Goyner—Trellis 11:30 Lunch 5 Gentry Potluck Supper</p>	<p>14 9 Journal Now 10 Walking to Music 11 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers \$</p>	<p>15 9 Journal Now 9 Walking to Music 11 Safety with Yadkin Police Dept.—Officer Jones 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>16 9 Journal Now 9 Walking to Music 10 Coffee Chat 10:30 Healthy Bingo 11 Fellowship 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 \$3 for seniors \$4 for others 1st visit is free</p>	<p>20 9 Journal Now 9 Walking to Music 10 Quilting 11 Birthday Party & Band 11:30 Lunch 6 Lions Club</p>	<p>21 9 Journal Now 10 Walking to Music 11 Thanksgiving Party 11:30 Lunch 12 Stretch & Flex 2:30 Senior Chorus 5 Weight Watchers \$</p>	<p>22 CLOSED</p>	<p>23 CLOSED</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 \$3 for seniors \$4 for others 1st visit is free</p>	<p>27 9 Journal Now 10 Walking to Music 10 Quilting 11:30 Lunch 5 Single Mingle Supper</p>	<p>28 9 Journal Now 10 Walking to Music 11 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers \$</p>	<p>29 9 Journal Now 9 Walking to Music 10:30 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>30 9 Journal Now 9 Walking to Music 10 Coffee Chat 11 Brain Games 10:30 Healthy Bingo 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.