



# 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

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](http://www.yadkincountyunitedfund.org)



# NOVEMBER 2018

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

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|   | <p><i>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older.</i></p> <p><i>You must be registered. Contact the Nutrition Site Manager for more details</i></p> |  | <p>1<br/>9 Journal Now<br/>10 Walking to Music<br/>11<br/>11:30 Lunch<br/>1 Pegs &amp; Jokers<br/>6 Rook</p>   | <p>2<br/>9 Journal Now<br/>9 Walking to Music<br/>10 Coffee Talk<br/>11 Brain Games<br/>10:30 Healthy Bingo<br/>11 Brain Games<br/>11:30 Lunch</p>                           |
| <p>5<br/>9 Journal Now<br/>9 Walking to Music<br/>10:30 Nutrition BINGO<br/>11 Young-At-Heart Meeting<br/>11:30 Lunch<br/>12 Chair Exercises<br/>1 Rook for beginners<br/>6 Bee Association</p>           | <p>6<br/>CLOSED FOR VOTING<br/>NO GENTRY MEAL THIS MONTH.</p>  | <p>7<br/>9 Journal Now<br/>10 Walking to Music<br/><b>11 Fire Safety—YCFD</b><br/>11:30 Lunch<br/>12 Stretch &amp; Flex<br/>2:30 Senior Chorus<br/>5 Weight Watchers \$</p>    | <p>8<br/>9 Journal Now<br/>10 Walking to Music<br/>11 Smartphone Class With Adrian Atwater<br/>11:30 Lunch<br/>1 Pegs &amp; Jokers<br/>6 Rook</p>          | <p>9<br/>9 Journal Now<br/>9 Walking to Music<br/>10 Coffee Talk<br/>11 Allison Brown Mountain Valley Hospice<br/>10:30 Healthy Bingo<br/>11 Brain Games<br/>11:30 Lunch</p> |
| <p>12<br/>CLOSED</p>  | <p>13<br/>9 Journal Now<br/>9 Walking to Music<br/>10 Quilting<br/><b>11 Vincent Goyner—Trellis</b><br/>11:30 Lunch<br/><b>5 Gentry Potluck Supper</b></p>           | <p>14<br/>9 Journal Now<br/>10 Walking to Music<br/><b>11</b><br/>11:30 Lunch<br/>12 Stretch &amp; Flex<br/>5 Weight Watchers \$</p>   | <p>15<br/>9 Journal Now<br/>9 Walking to Music<br/>11 Safety with Yadkin Police Dept.—Officer Jones<br/>11:30 Lunch<br/>1 Pegs &amp; Jokers<br/>6 Rook</p> | <p>16<br/>9 Journal Now<br/>9 Walking to Music<br/>10 Coffee Chat<br/>10:30 Healthy Bingo<br/>11 Fellowship<br/>11:30 Lunch</p>  |
| <p>19<br/>9 Journal Now<br/>9 Walking to Music<br/>10:30 Nutrition BINGO<br/>11:30 Lunch<br/>12 Chair Exercises<br/>1 Rook for beginners<br/>6 Zumba \$3 for seniors \$4 for others 1st visit is free</p> | <p>20<br/>9 Journal Now<br/>9 Walking to Music<br/>10 Quilting<br/>11 Birthday Party &amp; Band<br/>11:30 Lunch<br/>6 Lions Club</p>                                 | <p>21<br/>9 Journal Now<br/>10 Walking to Music<br/><b>11 Thanksgiving Party</b><br/>11:30 Lunch<br/>12 Stretch &amp; Flex<br/>2:30 Senior Chorus<br/>5 Weight Watchers \$</p> | <p>22<br/>CLOSED</p>   | <p>23<br/>CLOSED</p>   |
| <p>26<br/>9 Journal Now<br/>9 Walking to Music<br/>10:30 Nutrition BINGO<br/>11:30 Lunch<br/>12 Chair Exercises<br/>1 Rook for beginners<br/>6 Zumba \$3 for seniors \$4 for others 1st visit is free</p> | <p>27<br/>9 Journal Now<br/>10 Walking to Music<br/>10 Quilting<br/>11:30 Lunch<br/><b>5 Single Mingle Supper</b></p>  | <p>28<br/>9 Journal Now<br/>10 Walking to Music<br/><b>11</b><br/>11:30 Lunch<br/>12 Stretch &amp; Flex<br/>5 Weight Watchers \$</p>   | <p>29<br/>9 Journal Now<br/>9 Walking to Music<br/>10:30 Senior Chorus<br/>11:30 Lunch<br/>1 Pegs &amp; Jokers<br/>6 Rook</p>                              | <p>30<br/>9 Journal Now<br/>9 Walking to Music<br/>10 Coffee Chat<br/>11 Brain Games<br/>10:30 Healthy Bingo<br/>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.