



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

December 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.

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

The Lion's Club meetings are held on the **1st & 3rd Tuesday** of each month at **6 p.m.** Everyone is welcome to attend. Vision and Hearing Screenings Available & Prescription Glasses Assistance Available

Yadkinville Christmas Parade is December 1st. Starts at 10:00am

If you need information on entering the parade, please contact the Yadkinville Fire Department at (336) 679-8691

December 4th SHIIP Representative, Jeanie Schepisi will be here to answer questions about Medicare. Please bring your "red-white-blue" card and a list of medications you are taking. Call Lori Moore for an appointment at (336) 679-3596.

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. Call Lori Moore at (336) 679-3596

December 11th at 5:00 p.m.- Holly Jolly Christmas Party

\$10 per person. Tickets on Sale Now!

The event will be held at the Yadkin County Senior Center

Price includes meal and entertainment. Door Prizes!!! *(Must be present to win)*

December 12th at 10:00am Do you want to learn more about your smartphone? Adrian Atwater will be here for demos and questions.

Closed: December 24th through January 1st: Christmas & New Year Holiday

Merry Christmas and Happy New Year from all of us at YVEDDI

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



DECEMBER 2018

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Bee Association</p>	<p>4</p> <p>9 Journal Now 9 Walking to Music 10 Quilting 10:45 –11:15 Yadkin Police Dept. Safety with Officer Jones 11:30 Lunch 6 Lion's Club</p>	<p>5</p> <p>9 Journal Now 10 Walking to Music 11 Brain Games 11:30 Lunch 12 Stretch & Flex 2:30 Senior Chorus 5 Weight Watchers \$</p>	<p>6</p> <p>9 Journal Now 10 Walking to Music 11 Sing-a-Long w/ Dot Matthews 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>7</p> <p>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</p> <p>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>11</p> <p>9 Journal Now 9 Walking to Music 10 Quilting 11 Young-at-Heart Meeting 11:30 Lunch 5 Gentry Potluck Supper Holly Jolly Christmas Party</p>	<p>12</p> <p>9 Journal Now 10 –11 Want to know more about your smart phone? w/ Adrian Atwater 11:30 Lunch 12 Stretch & Flex 5 Weight Watchers \$</p>	<p>13</p> <p>9 Journal Now 10 Walking to Music 11 Safety First w/ Dept. Diaz 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>14</p> <p>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>17</p> <p>9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercises 1 Rook for beginners 6 Bee Association</p>	<p>18</p> <p>9 Journal Now 9 Walking to Music 10 Quilting 11 Birthday Party & Band 11:30 Lunch 6 Lion's Club</p>	<p>19</p> <p>9 Journal Now 10 Walking to Music 11 Brain Games 11:30 Lunch 12 Stretch & Flex 2:30 Senior Chorus 5 Weight Watchers \$</p>	<p>20</p> <p>9 Journal Now 9 Walking to Music 11 Fellowship Time 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>21</p> <p>9 Journal Now 9 Walking to Music 10 Coffee Chat 10:30 Healthy Bingo 11 Fellowship 11:30 Lunch</p>
<p>24</p> <p>CLOSED</p>	<p>25</p> <p>CLOSED</p>	<p>26</p> <p>CLOSED</p>	<p>27</p> <p>CLOSED</p>	<p>28</p> <p>CLOSED</p>
<p>31</p> <p>CLOSED</p>			<p><i>Lunch is served daily at 11:30 a.m. for ages 60 & older.</i> <i>You must be registered.</i> <i>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.