



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2019

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 2:30 p.m.

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

Note: We will not have exercise on Mondays at 12:00 p.m. from December through February 11th due to activity conflicts. But we will continue to have it on Wednesdays.

January 22 5:00 p.m - Senior Mingle

Location: East Bend Senior Center ▪ Free!

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

Closed

January 1-New Year's Day

January 21-Martin Luther King Jr.

Inclement Weather: The Yadkin County Senior Center closing/delays will be announced on WXII and WGHP High Point

We would like to say THANK YOU to all of our sponsors for The Holly Jolly Christmas Party. Please forgive us if we have left anyone out. You are the reason that our party was a success. Thanks Again!

Woodman Life, Joe King

Vienna Village

Lion's Club

Civitan Club

67 Pizza

Food Lion of Yadkinville & Jonesville

Connie Hobson of Whisper & Wings

Sunset Gardens & Florist

Little Richard's BBQ Yadkinville

Ace's Restaurant

KFC Yadkinville

and to all of our anonymous donors that gave

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



JANUARY 2019

Mon	Tue	Wed	Thu	Fri
	1 CLOSED 	2 9 Journal Now 10 Walking to Music 11 Fellowship 11:30 Lunch 12 Stretch & Flex 2:30 Senior Chorus	3 9 Journal Now 10 Walking to Music 10:45-11-15 Dept. Diaz 11:30 Lunch 1 Pegs & Jokers 6 Rook	4 9 Journal Now 9 Walking to Music 10 Coffee Talk 10:30 Healthy Bingo 11:30 Lunch
	7 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12-2:30 Living with Chronic Condition workshop 1 Rook for beginners 6 Bee Association	8 9 Journal Now 9 Walking to Music 10 Quilting 11 Young-at-Heart Meeting 11:30 Lunch 5 Gentry Potluck Supper	9 9 Journal Now 10 Walking to Music 11 Fellowship 11:30 Lunch 12 Stretch & Flex	10 9 Journal Now 10 Walking to Music 10:45 Domestic Violence with Sandy 11:30 Lunch 1 Pegs & Jokers 6 Rook
14 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12-2:30 Living with Chronic Condition workshop 1 Rook for beginners 6 Zumba	15 9 Journal Now 9 Walking to Music 10 Quilting 11 Birthday Party & Band 11:30 Lunch 6 Lion's Club	16 9 Journal Now 10 Walking to Music 10:30-11:15 Trellis with Vincent Goyner 11:30 Lunch 12 Stretch & Flex 2:30 Senior Chorus	17 9 Journal Now 9 Walking to Music 11 Cop Care with Yadkinville Police Dept. 11:30 Lunch 1 Pegs & Jokers 6 Rook	18 9 Journal Now 9 Walking to Music 10 Coffee Chat 10:30 Healthy Bingo 11:30 Lunch
21 CLOSED	22 9 Journal Now 9 Walking to Music 10 Quilting 11 Winter Fire Safety Yadkin Fire Dept 11:30 Lunch 5 Senior Mingle at East Bend Senior Center	23 9 Journal Now 10 Walking to Music 11 Social Services- Senior Benefits 11:30 Lunch 12 Stretch & Flex	24 9 Journal Now 9 Walking to Music 11 Fellowship Time 11:30 Lunch 1 Pegs & Jokers 6 Rook	25 9 Journal Now 9 Walking to Music 10 Coffee Chat 10:30 Healthy Bingo 11:30 Lunch
28 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12-2:30 Living with Chronic Condition workshop 1 Rook for beginners 6 Zumba	29 9 Journal Now 9 Walking to Music 10 Quilting 11 Brain Games 11:30 Lunch	30 9 Journal Now 10 Walking to Music 11 Fellowship 11:30 Lunch 12 Stretch & Flex	31 9 Journal Now 9 Walking to Music 11 Train Your Brain Time 11:30 Lunch 1 Pegs & Jokers 6 Rook	<i>Lunch is served daily at 11:30 a.m. for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more details</i>

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.