



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 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.

Starting in February we are going to start having Line Dance Classes on every Wednesday of each month at 1:00pm. The teacher is a dancer from King NC, and her name is Margaret Anderson. The price for seniors will be \$2 per class and \$4 for non-seniors.

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

February 21 @ 5:00 p.m. Annual Valentines Dance/Senior Mingle

Location: East Bend Senior Center \$10 per person! Dinner includes country style steak and gravy, green beans, mashed potatoes and bread.

Entertainment by everyone's favorite, Stan Bobbitt and Jeannamarie.

Door Prizes! You **MUST** purchase your ticket by Feb.19th for this event.

Please see your senior center manager.

Vita Tax Assistance will be assisting with tax preparations from January 31st—April 4th at the Yadkinville Public Library . You can contact me Lori Moore at 336 -679-3596 for any assistance on your tax preparations or scheduling appointments.

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

Happy Valentine's Day!

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



FEBRUARY 2019

Mon

Tue

Wed

Thu

Fri

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|  | <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 9 Walking to Music 10 Coffee Talk 10:30 Healthy Bingo 11:30 Lunch</p> |
| <p>4 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for beginners 6 Zumba \$\$</p> | <p>5 9 Journal Now 9 Walking to Music 10 Quilting 11 Young at Heart Meeting 11:30 Lunch 6 Lions Club</p> | <p>6 9 Journal Now 10 Walking to Music 11 Fellowship 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$</p> | <p>7 9 Journal Now 10 Walking to Music 10:30-11:15 Vickie Clark— Parkwood Place 11:30 Lunch 1 Pegs & Jokers 6 Rook</p> | <p>8 9 Journal Now 9 Walking to Music 10 Coffee Talk 10:30 Healthy Bingo 11:00 Allison Brown / Mountain Valley Hospice- Healthy Living 11:30 Lunch</p> |
| <p>11 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercise</p> | <p>12 9 Journal Now 9 Walking to Music 9-1 Meals-on-Wheels Driver Training with Tom Beckom 10 Quilting 11 Fire Safety YCFD 11:30 Lunch 5 Gentry Potluck Supper</p> | <p>13 9 Journal Now 10 Walking to Music 10:30-11:15 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$ 2:30 Senior Chorus</p> | <p>14 9 Journal Now 9 Walking to Music 10:30 Dept. Diaz 11 Brain Games 11:30 Lunch 12 Valentine Party 1 Pegs & Jokers 6 Rook</p> | <p>15 9 Journal Now 9 Walking to Music 10 Coffee Chat 10:30 Healthy Bingo 11:30 Lunch</p> |
| <p>18 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for beginners 6 Zumba \$\$</p> | <p>19 9 Journal Now 9 Walking to Music 10 Quilting 11 Birthday Party & Band 11:30 Lunch 6 Lions Club</p> | <p>20 9 Journal Now 10 Walking to Music 10:45 Officer Jones/ police dept.– Phone Scams 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$</p> | <p>21 9 Journal Now 9 Walking to Music 11 Winter Safety with YCFD 11:30 Lunch 1 Pegs & Jokers 6 Rook 5 Annual Valentines Dance/ Senior Mingle</p> | <p>22 9 Journal Now 9 Walking to Music 10 Coffee Chat 10:30 Healthy Bingo 11:30 Lunch</p> |
| <p>25 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for beginners 6 Zumba \$\$</p> | <p>26 9 Journal Now 9 Walking to Music 10 Quilting 11 Brain Games 11:30 Lunch 5 Senior Supper</p> | <p>27 9 Journal Now 10 Walking to Music 11 Fellowship 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$</p> | <p>28 9 Journal Now 9 Walking to Music 11 11:30 Lunch 1 Pegs & Jokers 6 Rook</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.