



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 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 Meat is provided by Gentry Funeral Home Fund.

### Senior Chorus 1st and 3rd Wednesday of the month at 2:30 p.m.

### Every Wednesday at 1:00pm - Line Dance Classes

Teacher: 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

### March 21st—Day Trip

Bojangle's for breakfast, Hamrick's for shopping, K & W for lunch and then off to the Amish Store. Free Transportation. Breakfast, lunch and shopping on your own. Must register by March 14th.

### March 25th 5:00 p.m. Senior Mingle

Location: Yadkin Valley Senior Center in Jonesville Free. The meal will be provided by Common Wealth Senior Living. The menu is Chicken Breast, Mashed Potatoes, Green Beans, Roll and Banana Pudding. Tea, Lemonade and Water.

### 40/60 Raffle

We are selling 60/40 raffle tickets \$1.00 or 6 for \$5.00. 60% goes to the Yadkin County Senior Center and 40% goes to the winning ticket holder. Drawing on May 10th. Please see your senior center manager to purchase tickets.

A special THANK YOU to Andy Anderson, Mark Todd Insurance, Gray Garrison and a couple of anonymous donors for their \$100.00 contributions to our center for new chairs.

## 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)



# MARCH 2019

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

	<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 9 Journal Now 9 Walking to Music 10 Coffee Chat 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 <b>11 Young at Heart Meeting</b> 11:30 Lunch <b>6 Lions Club</b></p>	<p>6 9 Journal Now 10 Walking to Music 11 Brain Games 11:30 Lunch 12 Stretch &amp; Flex 1 Line Dance Lessons \$ 2:30 Senior Chorus</p>	<p>7 9 Journal Now 10 Walking to Music <b>11 Weather Awareness - w Sharon &amp; Lori</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>8 9 Journal Now 9 Walking to Music 10 Coffee Chat 10:30 Healthy Bingo 11:30 Lunch</p>
<p>11 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for Beginners 6 Bee Association</p>	<p>12 9 Journal Now 9 Walking to Music <b>11 Officer Jones– Safety</b> 11:30 Lunch 5 Gentry Potluck Supper</p>	<p>13 9 Journal Now 10 Walking to Music <b>11 Fellowship</b> 11:30 Lunch 12 Stretch &amp; Flex 1 Line Dance Lessons \$</p>	<p>14 9 Journal Now 10 Walking Music <b>10:45—11:15 Dept. Diaz Safety</b> 11:30 Lunch 12 1 Pegs &amp; 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 Urban League Recertification. 11 Birthday Party &amp; Band 11:30 Lunch 6 Lions Club</p>	<p>20 9 Journal Now 9:30-11:30 Deaf &amp; Hard of Hearing 11 Puzzle Time 11:30 Lunch 12 Stretch &amp; Flex 1 Line Dance Lessons \$ 2:30 Senior Chorus</p>	<p>21 <b>8:30 Day Trip</b> 9 Journal Now 9 Walking to Music <b>11 Healthy Trivia</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</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 5 Senior Mingle in Jonesville 6 Zumba \$\$</p>	<p>26 9 Journal Now 9 Walking to Music 10 Quilting 11 Via Health-Mandy Matney Depression 11:30 Lunch 5 Senior Supper</p>	<p>27 9 Journal Now 10 Walking to Music 11 Fellowship 11:30 Lunch 12 Stretch &amp; Flex 1 Line Dance Lessons \$</p>	<p>28 9 Journal Now 9 Walking to Music <b>11 Safety First—Sharon</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>29 9 Journal Now 9 Walking to Music 10 Coffee Chat 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.