



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



*A North Carolina Certified Senior Center of Excellence*

**APRIL 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.

NOTE!! (There will not be a Gentry Supper this month.)

Our center has a brand new refrigerator !! THANK YOU to Charles Collins for donating it to us. We are blessed to have giving and kind-hearted people in our community.

### 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 **1<sup>st</sup> & 3<sup>rd</sup> Tuesday** of each month at **6 p.m.** Everyone is welcome to attend. Vision and Hearing Screenings Available & Prescription Glasses Assistance Available

### April 23 at 5 pm: Senior Mingle at the Yadkin County Senior Center!

\$7.50 per person. Pay at the door but must call to make reservations by the April 18th. Dinner includes: Meatloaf, mashed potatoes, green beans, rolls, and carrot cake

### April 27th from 2 to 7 PM-YVEDDI 2nd Annual Classic Car Show & Live Band

\$5 Admission or Free Admission with purchase of a \$10 Raffle Ticket (children under 12 free) Raffle ▪ Prizes ▪ Music ▪ Food Trucks

Bring a lawn chair ▪ NO COOLERS ALLOWED

Yadkin Valley Economic Development District Inc. (YVEDDI)

533 N. Carolina Ave. Hwy. 601N ▪ Boonville, NC

### 40/60 Raffle -We are in need of new chairs for the center! Please buy tickets!

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.

## 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)



*Happy Easter!*

# APRIL 2019

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<p>1 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>2 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>3 9 Journal Now 10 Walking to Music <b>11 Brain Games</b> 11:30 Lunch 12 Stretch &amp; Flex 1 Line Dance Lessons \$ <b>2:30 Senior Chorus</b></p>	<p>4 9 Journal Now 10 Walking to Music <b>10:45 Snap Program- Ashley Green</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>5 9 Journal Now 9 Walking to Music 10 Coffee Chat 10:30 Healthy Bingo 11:30 Lunch</p>
<p>8 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO <b>11 Blood Pressure Checks</b> 11:30 Lunch 12 Chair Exercise 1 Rook for beginners 6 Bee Association</p>	<p>9 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Smart Phones with Adrian Atwater</b> 11:30 Lunch <b>5 NO GENTRY SUPPER</b></p>	<p>10 9 Journal Now 10 Walking to Music <b>11 Vickie Clark with Parkwood Place- Bingo</b> 11:30 Lunch 12 Stretch &amp; Flex 1 Line Dance Lessons \$</p>	<p>11 9 Journal Now 10 Walking to Music <b>11 Safety with Dept. Diaz</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>12 9 Journal Now 9 Walking to Music 10 Coffee Chat 10:30 Healthy Bingo 11:30 Lunch</p>
<p>15 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for Beginners <b>6 Zumba \$\$</b></p>	<p>16 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Birthday Party &amp; Band</b> 11:30 Lunch <b>6 Lions Club</b></p>	<p>17 9 Journal Now 10 Walking to Music <b>11 Fellowship</b> 11:30 Lunch 12 Stretch &amp; Flex 1 Line Dance Lessons \$ <b>2:30 Senior Chorus</b></p>	<p>18 9 Journal Now 10 Walking Music <b>11 YCPD Senior Safety with Officer Jones</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>19 CLOSED Good Friday</p>
<p>22 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>23 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Sing-a-Long with Dot Matthews</b> 11:30 Lunch <b>5 Senior Mingle \$</b></p>	<p>24 9 Journal Now <b>11 Word Search</b> 11:30 Lunch 12 Stretch &amp; Flex 1 Line Dance Lessons \$</p>	<p>25 9 Journal Now 9 Walking to Music <b>11 Fellowship</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>26 9 Journal Now 9 Walking to Music 10 Coffee Chat 10:30 Healthy Bingo 11:30 Lunch</p>
<p>29 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 No Exercise Today 1 Rook for beginners 6 Zumba \$\$</p>	<p>30 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Beltone—Ray Atkins</b> 11:30 Lunch</p>			<p><i>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older. You must be registered. 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.