



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

May 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.)

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

May 14th at 5 pm: Senior Mingle (pre-registration is required by May 10th)

Location: East Bend Senior Center

This is a free event but donations will be excepted and appreciated.

Dinner includes: Pintos, Kraut & Weiner's , Cornbread and Dessert.

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.

May 21st Shatley Springs Trip \$17.00 per person includes breakfast and tip. We will leave at 8:30 am. You will need to be here by 8:15 am. You must register and pay by 5/14/19. We will also be going to Walmart in Wilkes and stopping for ice-cream. Shopping and Ice Cream on your own. No set return time.

SAVE THE DATE: JULY 23RD BEACH BASH!!! MORE DETAILS TO COME.



Remembering the men and women who died while serving our country.

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



MAY 2019

Mon

Tue

Wed

Thu

Fri

	<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 10 Walking to Music 11 Color Time 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$ 2:30 Senior Chorus</p>	<p>2 9 Journal Now 10 Walking to Music 11 Color Time 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>3 9 Journal Now 9 Walking to Music 10 Nutrition Bingo 11:30 Lunch</p>
<p>6 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>7 9 Journal Now 9 Walking to Music 10 Quilting 11 Shelia Hardy SS CAPS Program 11:30 Lunch 6 Lion's Club</p>	<p>8 9 Journal Now 10 Walking to Music 11 Vickie Clark with Park-wood Place-Bingo 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$</p>	<p>9 9 Journal Now 10 Walking to Music 11 Dept. Diaz—Senior Safety 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>10 9 Journal Now 9 Walking to Music 10 Nutrition Bingo 11:30 Lunch</p>
<p>13 9 Journal Now 9 Walking to Music 10:30 Healthy BINGO 11 Blood Pressure Checks 11:30 Lunch 12 Chair Exercise 1 Rook for Beginners 6 Bee Association</p>	<p>14 9 Journal Now 9 Walking to Music 10 Quilting 11 Sing-a-Long with Dot Matthews 11:30 Lunch 5 Senior Mingle East Bend Senior Center</p>	<p>15 9 Journal Now 10 Walking to Music 11 Gerry Bennette—Story Time 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$ 2:30 Senior Chorus</p>	<p>16 9 Journal Now 10 Walking Music 11 Fellowship 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>17 9 Journal Now 9 Walking to Music 10 Nutrition Bingo 11:30 Lunch</p>
<p>20 9 Journal Now 9 Walking to Music 10:30 Safety BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for beginners 6 Zumba \$\$</p>	<p>21 8:30 Shatley Springs Trip 9 Journal Now 9 Walking to Music 10 Quilting 11 Birthday Party and Band 11:30 Lunch 6 Lion's Club</p>	<p>22 9 Journal Now 10:30 Smart Phones with Adrian Atwater 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$</p>	<p>23 9 Journal Now 9 Walking to Music 11 Color Time 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>24 9 Journal Now 9 Walking to Music 10 Healthy Bingo 11:30 Lunch</p>
<p>27 CLOSED Memorial Day</p>	<p>28 9 Journal Now 9 Walking to Music 10 Quilting 11 Brain Games 11:30 Lunch 5 Senior Supper</p>	<p>29 9 Journal Now 11 Fellowship 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$</p>	<p>30 9 Journal Now 9 Walking to Music 11 Safety Bingo 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>31 9 Journal Now 9 Walking to Music 11 Safety with Jason Penley 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.