



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

JUNE 2019

## What's Happening...

### June 10th at 11:00 a.m. (2nd Monday of each month)

Blood Pressure Checks with Natalie Williams from Yadkin County Human Services Agency

### June 11th at 5:00 PM (2nd Tuesday of each month)-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.)

### June 24th Monday at 5 pm: Senior Mingle Cookout (Free)

Pre-registration required by June 14th

Location: Yadkin Valley Senior Center

Free event but donations will be accepted and appreciated.

Transportation will be provided if needed

### 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

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

### Tuesday, July 23rd at 5:00 p.m.

### BEACH BASH!!! FREE!

Baked Spaghetti , Salad, Rolls, Dessert, Sweet Tea and Soft Drinks.

Entertainment: The Stan Bobbitt Band

Fun, Food, Fellowship and Dancing!!!!

YOU MUST BE SIGNED UP BY JULY 19TH!!!



## 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)



# JUNE 2019

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

	<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>			
<p>3 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>4 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Brain Games</b> 11:30 Lunch <b>6 Lion's Club</b></p>	<p>5 9 Journal Now 10 Walking to Music <b>11 Healthy Habits</b> 11:30 Lunch 12 Stretch &amp; Flex 1 NO LINE DANCE CLASS <b>2:30 Senior Chorus</b></p>	<p>6 9 Journal Now 10 Walking to Music <b>11 Dept. Diaz</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>7 9 Journal Now 9 Walking to Music 10 Nutrition Bingo 11:30 Lunch</p>
<p>10 9 Journal Now 9 Walking to Music 10:30 Healthy BINGO <b>11 Blood Pressure Checks</b> 11:30 Lunch 12 Chair Exercise 1 Rook for Beginners 6 Bee Association</p>	<p>11 9 Journal Now 9 Walking to Music 10 Quilting <b>11 SCC Smart Phone Class</b> 11:30 Lunch <b>5 Gentry Potluck Supper</b></p>	<p>12 9 Journal Now 10 Walking to Music <b>11 SCC Smart phone class</b> 11:30 Lunch 12 Stretch &amp; Flex 1 Line Dance Lessons \$</p>	<p>13 9 Journal Now 10 Walking Music <b>11 Fellowship</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>14 9 Journal Now 9 Walking to Music 10 Nutrition Bingo 11:30 Lunch</p>
<p>17 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>18 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Birthday Party and Band</b> 11:30 Lunch <b>6 Lion's Club</b></p>	<p>19 9 Journal Now <b>10:30</b> 11:30 Lunch 12 Stretch &amp; Flex 1 Line Dance Lessons \$ <b>No Senior Chorus</b></p>	<p>20 9 Journal Now 9 Walking to Music <b>11 Young At Heart Meeting</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>21 9 Journal Now 9 Walking to Music 10 Healthy Bingo 11:30 Lunch</p>
<p>24 9 Journal Now 9 Walking to Music 10:30 Safety BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for beginners 6 Zumba \$\$ <b>5 Senior Mingle (YVSC)</b></p>	<p>25 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Sing-a-Long with Dot Matthews</b> 11:30 Lunch 5 Senior Supper</p>	<p>26 9 Journal Now <b>11 Fellowship</b> 11:30 Lunch 12 Stretch &amp; Flex 1 Line Dance Lessons \$</p>	<p>27 9 Journal Now 9 Walking to Music <b>11 Brain Games</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>28 9 Journal Now 9 Walking to Music <b>11</b> 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.