

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 <u>each</u> 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!!!



- 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

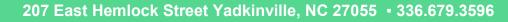
How You Can Give...

The YVEDDI Senior Centers of Yadkin County are proud United Fund Agencies! We encourage you to SUPPORT THE Yadkin County United Fund

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- By Mail:
- Yadkin County United Fund
- 205 S. Jackson Street
- Yadkinville, NC 27055
- Or visit

www.yadkincountyunitedfund.org



JUNE 2019

Mon	Tue	Wed	Thu	Fri
YVEDDI VADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.	Lunch is served daily at 11:30 a.m. for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more details			
3 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for beginners 6 Zumba \$\$	4 9 Journal Now 9 Walking to Music 10 Quilting 11 Brain Games 11:30 Lunch 6 Lion's Club	5 9 Journal Now 10 Walking to Music 11 Healthy Habits 11:30 Lunch 12 Stretch & Flex 1 NO LINE DANCE CLASS 2:30 Senior Chorus	6 9 Journal Now 10 Walking to Music 11 Dept. Diaz 11:30 Lunch 1 Pegs & Jokers 6 Rook	7 9 Journal Now 9 Walking to Music 10 Nutrition Bingo 11:30 Lunch
10 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	 11 9 Journal Now 9 Walking to Music 10 Quilting 11 SCC Smart Phone Class 11:30 Lunch 5 Gentry Potluck Supper 	12 9 Journal Now 10 Walking to Music 11 SCC Smart phone class 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$	13 9 Journal Now 10 Walking Music 11 Fellowship 11:30 Lunch 1 Pegs & Jokers 6 Rook	14 9 Journal Now 9 Walking to Music 10 Nutrition Bingo 11:30 Lunch
17 9 Journal Now 9 Walking to Music 10:30 Safety BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for beginners 6 Zumba \$\$	18 9 Journal Now 9 Walking to Music 10 Quilting 11 Birthday Party and Band 11:30 Lunch 6 Lion's Club	19 9 Journal Now 10:30 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$ No Senior Chorus	20 9 Journal Now 9 Walking to Music 11 Young At Heart Meeting 11:30 Lunch 1 Pegs & Jokers 6 Rook	21 9 Journal Now 9 Walking to Music 10 Healthy Bingo 11:30 Lunch
24 9 Journal Now 9 Walking to Music 10:30 Safety BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for beginners 6 Zumba \$\$ 5 Senior Mingle (YVSC)	25 9 Journal Now 9 Walking to Music 10 Quilting 11 Sing-a-Long with Dot Matthews 11:30 Lunch 5 Senior Supper	26 9 Journal Now 11 Fellowship 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$	27 9 Journal Now 9 Walking to Music 11 Brain Games 11:30 Lunch 1 Pegs & Jokers 6 Rook	28 9 Journal Now 9 Walking to Music 11 11:30 Lunch

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.