



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



*A North Carolina Certified Senior Center of Excellence*

**October 2019**

## What's Happening...

### Happy Halloween!

#### **Blood Pressure Checks at 11:00 a.m. (2nd Monday of each month):**

with Natalie Williams from Yadkin County Human Services Agency

NO Blood Pressure Checks on the 14th of October

**October 2nd at 11:00 am: Story Time: Yadkin County Librarian, Jessica**

**October 8th at 10:45 am: Inspirational Story Time with Gerry Bennette**

#### **October 17th from 1:00 to 3:00 pm: Information & Wellness Fair**

Flu Shots will be available (bring your insurance card)

Location: YVEDDI District Office

533 N. Carolina Ave. Hwy. 601N ▪ Boonville, NC 27011

Transportation will be available, if needed.

#### **October 18th from 1:00 to 3:30 pm: Senior Fun Day**

Fun, Prizes, Food, Games, Information and More!!!

Yadkinville United Methodist Church

204 West Main Street ▪ Yadkinville, NC 27055

#### **October 29th at 5 p.m.: Senior Mingle / Halloween Costume Party**

*Pre-registration required by: October 22*

Dinner: Witches Brew and Goblin Stew

Location: Yadkin County Senior Center

Free event! (donations will be accepted and appreciated)

#### **October 31st at 11:00 am: Halloween Party**

#### **Every Wednesday at 1:00 p.m.: Line Dance Classes**

Teacher: Margaret Anderson

The price for seniors will be \$2 per class and \$4 for non-seniors.

NO LINE DANCING ON 10/2/19 of this month

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



#### 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)



# OCTOBER 2019

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

	<p>1 9 Journal Now 9 Walking to Music 10 Quilting 11:30 Lunch <b>6 Lion's Club</b></p>	<p>2 9 Journal Now 10 Walking to Music <b>11 Story Time– Yadkin County Librarian Jessica</b> 11:30 Lunch 12 Stretch &amp; Flex 1 No Line Dancing Today!!! <b>2:30 Senior Chorus</b></p>	<p>3 9 Journal Now 9 Walking to Music 10-11 Senior Chorus 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>4 9 Journal Now 9 Walking to Music 10:45 Healthy Bingo with Cigna 11:30 Lunch</p>
<p>7 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>8 9 Journal Now 9 Walking to Music 10 Quilting <b>10:45 Inspirational Story Time with Gerry Bennette</b> <b>11 Brain Games</b> 11:30 Lunch 5 Gentry Supper</p>	<p>9 9 Journal Now 10 Walking to Music <b>11 Trivia Challenge</b> 11:30 Lunch 12 Stretch &amp; Flex 1 Line Dance Lessons \$</p>	<p>10 9 Journal Now 10 Walking to Music <b>10:45 Dept. Diaz– Scams</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>11 9 Journal Now 9 Walking to Music 10 Healthy Bingo 11:30 Lunch</p>
<p>14 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO <b>11 No Blood Pressure Checks Today</b> 11:30 Lunch 12 No Chair Exercise Today 1 Rook for Beginners 6 Bee Association</p>	<p>15 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Birthday Party &amp; Band</b> 11:30 Lunch <b>6 Lion's Club</b></p>	<p>16 9 Journal Now 10 Walking to Music <b>11 Color-Time</b> 11:30 Lunch 12 Stretch &amp; Flex 1 Line Dance Lessons \$ <b>2:30 Senior Chorus</b></p>	<p>17 <b>1-3 Information &amp; Wellness Fair</b>  9 Journal Now 10 –11 Senior Chorus 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>18 <b>1:00-3:30 Senior Fun Day</b>  9 Journal Now 9 Walking to Music 10 Safety Bingo 11:30 Lunch</p>
<p>21 9 Journal Now 9 Walking to Music 10:30 Healthy BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for Beginners 6 Zumba \$\$</p>	<p>22 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>23 9 Journal Now <b>11 Young at Heart Meeting</b> 12 Stretch &amp; Flex 1 Line Dance Lessons \$</p>	<p>24 9 Journal Now 9 Walking to Music <b>11 Brain Games</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>25 9 Journal Now 9 Walking to Music 10 Nutrition Bingo 11:30 Lunch</p>
<p>28 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>29 9 Journal Now 9 Walking to Music 10 Quilting <b>11 Brain Games</b> 11:30 Lunch  <b>5pm Senior Mingle</b></p>	<p>30 9 Journal Now 9 Walking to Music <b>11 Color Time</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>31 <b>HALLOWEEN</b> 9 Journal Now 9 Walking to Music <b>11 Halloween Party</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</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.