

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

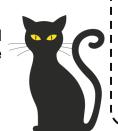
Every Wednesday at 1:00 p.m.: Line Dance Classes

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 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



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

Yadkin Cou

By Mail:

Yadkin County United Fund 205 S. Jackson Street Yadkinville, NC 27055



www.yadkincountyunitedfund.org



OCTOBER 2019

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

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.