

YADKIN COUNTY SENIOR **COMMUNITY CENTER NEWS**



A North Carolina Certified Senior Center of Excellence

November 2019



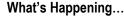












Blood Pressure Checks at 11:00 a.m. (2nd Monday of each month): with Natalie Williams from Yadkin County Human Services Agency

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.

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.

November 12th at 5 p.m.: Senior Mingle (*Pre-registration required by: Nov. 8th*)

Dinner: Grilled Cheese Sandwiches & Assorted Soups

Location: East Bend Senior Center

Free event! (donations will be accepted and appreciated)

November 21 from 8:00-10:00 am: Volunteer Appreciation Breakfast

All Yadkin County Senior Center volunteers are welcome to join us for breakfast .We appreciate all you do to make our center a great place.

Q&A regarding Medicare and Supplement Insurance: SHIPP Coordinator, Jeanie Schepisi and Tom Bachman will be on-site Nov. 21 and Dec. 5 from 9:00 am-3:00 pm.

December 10th at 5:00-8:00 pm : Holly Jolly Christmas Party

Location: Yadkin County Senior Center

Tickets go on sale Nov.12th. \$12.00 per person.

Must purchase your ticket by December 6th by 3:00 pm.

Entertainment: John Floyd, Comedian/Author (Performed on the Mike Huckabee Show)

Menu: Turkey, dressing, mashed potatoes, gravy, green beans, roll and dessert

(Catered by: D & F Catering)

Holiday Schedule:

Nov. 5th (Voting) Christmas/New Year Holiday:

Dec. 23-Jan. 1, 2020 Nov. 11th (Veterans Day) Nov. 28 & 29 (Thanksgiving) (will reopen Jan 2nd)

Thank you to the amazing Yadkin River Quilters Guild for guilting our Mission Statement! Special Thank You to Mabel Dryer



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

NOVEMBER 2019

Mon	Tue	Wed	Thu	Fri
YVEDDI YADKIN 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	Happy Thanksgiving		1 9 Journal Now 9 Walking to Music 10:30 Healthy Bingo with Cigna 11:30 Lunch
9 Journal Now 9 Walking to Music 10:30 Safety BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for Beginners 6 Zumba \$\$	5 CLOSED (voting)	6 9 Journal Now 10 Walking to Music 11 Story Time with Jessica 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$	7 9 Journal Now 10 Walking to Music 10-11 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	8 9 Journal Now 9 Walking to Music 10:30 Healthy Bingo 11:30 Lunch
11 CLOSED (Veterans Day)	12 9 Journal Now 9 Walking to Music 10 Quilting 11 Brain Games 5 Senior Mingle at East Bend Senior Center	13 9 Journal Now 10 Walking to Music 11 Laugh & Learn with Sherry Howard 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$	9 Journal Now 10 :45 Dept. Diaz —Scams 11:30 Lunch 1 Pegs & Jokers 6 Rook	9 Journal Now 9 Walking to Music 10:30 Safety Bingo 11:30 Lunch
18 9 Journal Now 9 Walking to Music 10:30 Healthy BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for Beginners 6 Zumba \$\$	19 9 Journal Now 9 Walking to Music 10 Quilting 11 Birthday Party & Band 11:30 Lunch 6 Lion's Club	9 Journal Now 10:30 Dawn Pardue– Active Shooter on the premises. 12 Stretch & Flex 1 Line Dance Lessons \$	21 8-10 am: Volunteer Appreciation Breakfast 9 Journal Now 9-3 SHIPP 9 Walking to Music 10-11 Senior Chorus	9 Journal Now 9 Walking to Music 10:30 Nutrition Bingo 11:30 Lunch
25 9 Journal Now 9 Walking to Music 10:30 Safety BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for Beginners 6 Zumba \$\$	26 9 Journal Now 9 Walking to Music 10 Quilting 11 Sing-a-Long with Dot Matthews 11:30 Lunch 5 Senior Supper to be discussed. Vote-Majority Rules	 27 9 Journal Now 9 Walking to Music 11 Young at Heart Meeting 11:30 Lunch No line Dancing on this day. 	28 CLOSED (Thanksgiving)	29 CLOSED (Thanksgiving)

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.