



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 2019



What's Happening...

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



Thank you to the amazing Yadkin River Quilters Guild for quilting 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

	<p><i>Lunch is served daily at 11:30 a.m. for ages 60 & older.</i></p> <p><i>You must be registered. Contact the Nutrition Site Manager for more details</i></p>	<p>Happy Thanksgiving</p>		<p>1 9 Journal Now 9 Walking to Music 10:30 Healthy Bingo with Cigna 11:30 Lunch</p>
<p>4 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>5 CLOSED (voting)</p>	<p>6 9 Journal Now 10 Walking to Music 11 Story Time with Jessica 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$</p>	<p>7 9 Journal Now 10 Walking to Music 10-11 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>8 9 Journal Now 9 Walking to Music 10:30 Healthy Bingo 11:30 Lunch</p>
<p>11 CLOSED (Veterans Day)</p>	<p>12 9 Journal Now 9 Walking to Music 10 Quilting 11 Brain Games 5 Senior Mingle at East Bend Senior Center</p>	<p>13 9 Journal Now 10 Walking to Music 11 Laugh & Learn with Sherry Howard 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$</p>	<p>14 9 Journal Now 10 :45 Dept. Diaz —Scams 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>15 9 Journal Now 9 Walking to Music 10:30 Safety Bingo 11:30 Lunch</p>
<p>18 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>19 9 Journal Now 9 Walking to Music 10 Quilting 11 Birthday Party & Band 11:30 Lunch 6 Lion's Club</p>	<p>20 9 Journal Now 10:30 Dawn Pardue– Active Shooter on the premises. 12 Stretch & Flex 1 Line Dance Lessons \$</p>	<p>21 8-10 am: Volunteer Appreciation Breakfast 9 Journal Now 9-3 SHIPP 9 Walking to Music 10-11 Senior Chorus</p>	<p>22 9 Journal Now 9 Walking to Music 10:30 Nutrition Bingo 11:30 Lunch</p>
<p>25 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>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</p>	<p>27 9 Journal Now 9 Walking to Music 11 Young at Heart Meeting 11:30 Lunch No line Dancing on this day.</p>	<p>28 CLOSED (Thanksgiving)</p>	<p>29 CLOSED (Thanksgiving)</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.