



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

December 2019

What's Happening...

Blood Pressure Checks at 11:00 a.m. on 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.

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

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

Tickets On Sale Now!

\$12.00 per person (Must purchase your ticket by December 6th by 3:00 pm.)

Location: Yadkin County Senior Center

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)

December 20th at 10:30 am: Christmas Party

Please bring a snack to share!

Holiday Schedule:

Christmas/New Year Holiday: Dec. 23-Jan. 1, 2020 (will reopen Jan 2nd)

Inclement Weather

Typically, the Yadkin County Senior Center follows the inclement weather policy of the Yadkin County School System.

Note: Sometimes we will be closed even if the schools are on a delayed schedule due to the safety of our seniors and volunteer drivers.

There will be two separate announcements:

- Meals on Wheels
- Senior Services/Senior Center.

Please stay tuned to WXII-12 or Fox 8 News for the latest updates.



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



DECEMBER 2019

Mon	Tue	Wed	Thu	Fri
2 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for Beginners 6 Zumba \$\$	3 9 Journal Now 9 Walking to Music 10 Quilting 11 Brain Games 11:30 Lunch 6 Lion's Club Meeting	4 9 Journal Now 9 Walking to Music 11 Storytime w/ Jessica-Yadkin Librarian 12 Stretch & Flex 1 Line Dance Lessons \$	5 SHIIP 9-3 9 Journal Now 9 Walking to Music 10-11 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	6 9 Journal Now 9 Walking to Music 10:30 Healthy Bingo with Cigna Health 11:30 Lunch
9 9 Journal Now 9 Walking to Music 10:30 Exercise BINGO 11 Blood Pressure Checks 11:30 Lunch 12 Chair Exercise 1 Rook for Beginners 6 Bee Association	10 9 Journal Now 9 Walking to Music 10 Quilting 11 Fellowship 11:30 Lunch Holly Jolly Christmas Party 5-8 pm	11 9 Journal Now 9 Walking to Music 11 Young at Heart Meeting 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$	12 9 Journal Now 9 Walking to Music 11 11:30 Lunch 1 Pegs & Jokers 6 Rook	13 9 Journal Now 10 Walking to Music 10:30 Nutrition Bingo 11:30 Lunch
16 9 Journal Now 9 Walking to Music 10:30 Healthy BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for Beginners 6 Zumba \$\$	17 9 Journal Now 9 Walking to Music 10 Quilting 10-11 Birthday Party & Band 6 Lions Club Meeting	18 9 Journal Now 9 Walking to Music 11 Christmas Story with Sherry Howard 11:30 Lunch 12 Stretch & Flex 1 Line Dance Lessons \$	19 9 Journal Now 9 Walking to Music 10-11 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	20 9 Journal Now 9 Walking to Music 10:30 Safety Bingo Christmas Party 11:30 Lunch
23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED	27 CLOSED
30 CLOSED	31 CLOSED			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.