



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2020

What's Happening...

Happy New Year!

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.

Holiday Schedule:

January 1st: New Years Day

January 20th: Martin Luther King Jr. Day

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.

Mark Your Calendar!

VALENTINE DANCE

Tuesday, Feb. 18th, 2020 at 5:00 pm

\$10.00 a person

Menu: Chicken pie, green beans & corn, slaw and cobbler with ice cream

Entertainment by The Stan Bobbitt Band

Location: East Bend Senior Center

473 E. Main Street ▪ East Bend, NC

Pre-registration is required.



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

Quilt Raffle

Purchase your tickets at the Yadkin County Senior Center

207 East Hemlock Street
Yadkinville, NC 27055
(336) 679-3596

\$2.00 each or 15 for \$20.00

Drawing:
May 29, 2020

Quilt handmade and donated by the Yadkin River Quilters Guild

\$2 each or 15 for \$20.00

YVEDDI

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



JANUARY 2020

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>1</p> <p>CLOSED New Year's Day</p>	<p>2</p> <p>9 Journal Now 9 Walking to Music 10-11 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>3</p> <p>9 Journal Now 9 Walking to Music 10:30 Healthy Bingo with Cigna Health 11:30 Lunch</p>
<p>6</p> <p>9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11:30 Lunch 12 Chair Exercise 1 Rook for Beginners 6 Zumba \$\$</p>	<p>7</p> <p>9 Journal Now 9 Walking to Music 10 Quilting 11 Brain Games 11:30 Lunch 1 Advisory Committee Meeting 6 Lions Club Meeting</p>	<p>8</p> <p>9 Journal Now 9 Walking to Music 11 Living Legacy with Amillio Williams 11:30 Lunch 12 Flexercise 1 Line Dance Lessons \$</p>	<p>9</p> <p>9 Journal Now 9 Walking to Music 11 Deputy Diaz-Safety 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>10</p> <p>9 Journal Now 10 Walking to Music 10:30 Nutrition Bingo 11:30 Lunch</p>
<p>13</p> <p>9 Journal Now 9 Walking to Music 10:30 Healthy BINGO 11 Blood Pressure Checks 11:30 Lunch 12 Chair Exercise 1 Rook for Beginners 6 Bee Association</p>	<p>14</p> <p>9 Journal Now 9 Walking to Music 10 Quilting 10:30-11 Rodney Bledsoe from Domestic Violence 5 Gentry Supper- Widow/ Widower</p>	<p>15</p> <p>9 Journal Now 9 Walking to Music 11 Story Time with Jessica from Yadkin Library 11:30 Lunch 12 Flexercise 1 Line Dance Lessons \$</p>	<p>16</p> <p>9 Journal Now 9 Walking to Music 10-11 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>17</p> <p>9 Journal Now 9 Walking to Music 10:30 Healthy Bingo 11:30 Lunch</p>
<p>20</p> <p>CLOSED Martin Luther King Jr. Day</p>	<p>21</p> <p>9 Journal Now 9 Walking to Music 10 Quilting 10-11 Birthday Party & Band 11:30 Lunch 6 Lions Club Meeting</p>	<p>22</p> <p>9 Journal Now 9 Walking to Music 11 Fellowship 11:30 Lunch 12 Flexercise 1 Line Dance Lessons \$</p>	<p>23</p> <p>9 Journal Now 9 Walking to Music 11 Safety & Fire 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>24</p> <p>9 Journal Now 10 Walking to Music 10:30 Nutrition Bingo 11:30 Lunch</p>
<p>27</p> <p>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>28</p> <p>9 Journal Now 9 Walking to Music 10 Quilting 10:30 Sing-a-Long with Dot Matthews 11:30 Lunch 5 Senior Supper</p>	<p>29</p> <p>9 Journal Now 9 Walking to Music 11 Young at Heart Meeting 11:30 Lunch 12 Flexercise 1 Line Dance Lessons \$</p>	<p>30</p> <p>9 Journal Now 9 Walking to Music 11 Colortime 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>31</p> <p>9 Journal Now 10 Walking to Music 10:30 Safety Bingo 11:30 Lunch</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.