

YADKIN COUNTY SENIOR **COMMUNITY CENTER NEWS**



A North Carolina Certified Senior Center of Excellence

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.



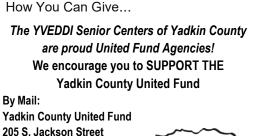
January 2020

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



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Yadkinville, NC 27055 Or visit

www.yadkincountyunitedfund.org _ _ _ _ _ _ _ _

207 East Hemlock Street Yadkinville, NC 27055 • 336.679.3596

JANUARY 2020

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

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.

www.yveddi.com