



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 2020

What's Happening...



March 3rd: Closed due to voting

March 17th: Day Trip

ITINERARY

Depart from the senior center at 8:30 a.m.

Stops:

- Hamrick's
- K & W (lunch)
- Amish Store in Hamptonville

Lunch and shopping will be at your expense.

Free transportation for Senior Center participants

Must be signed up by March 3rd



Quilt Raffle Tickets On Sale! \$2 each or 15 for \$20

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

Senior Chorus the 1st and 3rd Thursday of the month from 10-11am.

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.

Mark Your Calendar

April 27 at 5:00 pm: Senior Prom

Sock Hop Dance

(a Senior Mingle event)

Location: Yadkin Valley Senior Center

121 Delos Martin Drive ▪ Jonesville, NC 28642

\$5.00 Admission

Dinner: Hot Dogs, Chips and an Ice Cream & Float Bar

Entertainment: Stan Bobbitt Band

50's Theme Attire Encouraged!

Call to RSVP by April 24th, 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



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



MARCH 2020

Mon	Tue	Wed	Thu	Fri
<p>2 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>3 Closed due to voting</p>	<p>4 9 Journal Now 9 Walking to Music 11 Storytime with Jessica 11:30 Lunch Flexercise 1 Line Dance Lessons \$</p>	<p>5 9 Journal Now 9 Walking to Music 10-11 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>6 9 Journal Now 10 Walking to Music 10:30 Cigna Bingo 11:30 Lunch</p>
<p>9 9 Journal Now 9 Walking to Music 10:30 Nutrition BINGO 11 Blood Pressure Checks 11:30 Lunch 12 Chair Exercise 1 Rook for Beginners 6 Bee Association</p>	<p>10 9 Journal Now 9 Walking to Music 10 Quilting 11 New Horizon's will be singing for us. 11:30 Lunch 5 NO SENIOR SUPPER</p>	<p>11 9 Journal Now 9 Walking to Music 11 Domestic Violence with Madison 11:30 Lunch 12 Flexercise 1 Line Dance Lessons \$</p>	<p>12 9 Journal Now 9 Walking to Music 11 Dept. Diaz-Safety First 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>13 9 Journal Now 10 Walking to Music 10:30 Nutrition Bingo 11:30 Lunch</p>
<p>16 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>17 8:30 am DAY TRIP Hamrick's 9 Journal Now 9 Walking to Music 10 Quilting 11 Birthday Party & Band 6 Lions Club Meeting </p>	<p>18 9 Journal Now 9 Walking to Music 11 Brain Games 11:30 Lunch 12 Flexercise 1 Line Dance Lessons \$</p>	<p>19 9 Journal Now 9 Walking to Music 10-11 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>20 9 Journal Now 9 Walking to Music 10:30 Healthy Bingo 11:30 Lunch</p>
<p>23 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>24 9 Journal Now 9 Walking to Music 10 Quilting 11:30 Lunch 5 Senior Supper</p>	<p>25 9 Journal Now 9 Walking to Music 11 Young at Heart Meeting 11:30 Lunch 12 Flexercise 1 Line Dance Lessons \$</p>	<p>26 9 Journal Now 9 Walking to Music 11 Senior Safety with Sherry Howard 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>27 9 Journal Now 10 Walking to Music 10:30 Nutrition Bingo 11:30 Lunch</p>
<p>30 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>31 9 Journal Now 9 Walking to Music 10 Quilting 11 Puzzle Your Minds & Colortime 11:30 Lunch</p>		<p><i>Lunch is served daily at 11:30 a.m. for ages 60 & older.</i> <i>You must be registered.</i> <i>Contact the Nutrition Site Manager for more details</i></p>	 <p>YVEDDI YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.</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.