



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 2021

What's Happening...



This center will remain closed due to Covid-19 at least until April 30th. We will continue to provide Meals on Wheels and frozen meals for registered congregate members.

REMINDER: Daylight Savings Time: Sunday, March 14, 2021

Facebook Live Virtual Events!

- Every Wednesday morning at 9:30 am: Exercise with Natalie Williams
- The 1st Wednesday of the month at 10:30 am: Safety & Scam Programs with Dept. Diaz from the Yadkin County Sherriff's Department.

Go to our YVEDDI Yadkin County Senior Center Facebook page to join in.

If you have access to the internet or a smart phone but do not have Facebook, call Lori if you need assistance on set up.

I will be in the office at the center if you have any questions, concerns or needs. Please feel free to call. (336) 679-2396

Love and miss you all.

Lori Moore, Senior Center Manager

SENIOR GAMES REGISTRATION IS MARCH 1st—APRIL 16th

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 2021

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|--|
| <p>1</p> <p>SENIOR GAMES REGISTRATION MARCH 1st —APRIL 16th</p> | <p>2</p> <p>Here about the new restaurant called karma???</p> <p>There is no menu, you get what you deserve!</p> <p>LOL</p> | <p>3</p> <p>9:30 am Virtual Facebook Live Exercise with Natalie Williams</p> <p>10:30am Safety and Scams with Dept. Diaz live on Facebook</p> | <p>4</p> <p>What does a nosey pepper do?</p> <p>Gets jalapeno business.</p> <p>LOL</p> | <p>5</p> <p>How do you keep a bagel from getting away?</p> <p>Put lox on it!</p> <p>LOL</p> |
| <p>8</p> <p>A man tells the Dr, “Doc, I’m addicted to twitter!</p> <p>The Doc says, Sorry I don’t follow you!!</p> <p>LOL</p> | <p>9</p> <p>What sits at the bottom of the sea and twitches?</p> <p>A nervous wreck!</p> <p>LOL</p> | <p>10</p> <p>9:30 am Virtual Facebook Live Exercise with Natalie Williams.</p> | <p>11</p> <p>Did you hear about the actor that fell through the floorboards?</p> <p>He was just going through a stage!</p> <p>LOL</p> | <p>12</p> <p>What kind of exercise do lazy people do?</p> <p>Diddly-squats!</p> <p>LOL</p> |
| <p>15</p> <p>What do you call a parade of rabbits hopping backwards?</p> <p>A receding hair-line!</p> <p>LOL</p> | <p>16</p> <p>Did you hear about the claustrophobic astronaut?</p> <p>He needed a little space!</p> <p>LOL</p> | <p>17 St. Patrick’s Day</p> <p>9:30am Virtual Facebook Live Exercise with Natalie Williams.</p>  | <p>18</p> <p>Why don’t scientist trust atoms?</p> <p>Because they make up everything!</p> <p>LOL</p> | <p>19</p> <p>What does Charles Dickens keep in his spice rack?</p> <p>The best of thymes and the worst of thymes!</p> <p>LOL</p> |
| <p>22</p> <p>What did the bald man exclaim when he received a comb for a present?</p> <p>Thanks– I’ll never part with it!!</p> <p>LOL</p> | <p>23</p> <p>Where are average things manufactured?</p> <p>The satisfactory!!</p> <p>LOL</p> | <p>24</p> <p>9:30am Virtual Facebook Live Exercise with Natalie Williams</p> | <p>25</p> <p>How do you drown a hipster?</p> <p>Throw him in a mainstream!</p> <p>LOL</p> | <p>26</p> <p>What did the left eye say to the right eye?</p> <p>Between me and you, something smells!</p> <p>LOL</p> |
| <p>29</p> <p>What do you call a fake noodle?</p> <p>An impasta!</p> <p>LOL</p> | <p>30</p> <p>How does Moses make tea?</p> <p>He brews.</p> <p>LOL</p> | <p>31</p> <p>9:30am Virtual Facebook Live Exercise with Natalie Williams</p> | <p>29</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.