



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

May 2021

What's Happening...

This center will remain closed due to Covid-19 at least until May 31st. We will continue to provide Meals on Wheels and frozen meals for registered congregated members.

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 Sheriff'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

Prescription Drug Tack Back Day

Bring your unused or unneeded prescriptions to the Yadkin County Senior Center on **May 7th from 11am - 2pm**. Drive around to the door facing Hwy. 601 and we will assist you.

Thank You Dept. Diaz



*Remembering the men and women who died while serving our country.
Happy Memorial Day!*

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



MAY 2021

Mon

Tue

Wed

Thu

Fri

<p>3 I feel like my body has gotten totally out of shape , so I got my doctors permission to start a fitness class and exercising ... I decided to take an exercise class for seniors. I bent, twisted, gy-rated, jumped up & down and perspired for an hour, by the time I got my leotard on, the class was over!! LOL</p>	<p>4 One of the shortest wills ever writing, Being of sound mind, I spent all the money!!! :)</p>	<p>5 9:30 am Virtual Facebook Live Exercise with Natalie Williams.</p> <p>1st Wednesday of the month at 10:30 am: Safety & Scam Programs with Dept. Diaz from the Yadkin County Sherriff's Department.</p>	<p>6 I told my physical therapist I broke my arm in two places.....he said, quit going to those places! :)</p>	<p>7 Prescription Drug Take Back Day. 11am—2pm</p>
<p>10 Did you hear the watermelon joke? It's pitiful!!</p>	<p>11 How does the moon cut his hair? Eclipse it.</p>	<p>12 9:30 am Virtual Facebook Live Exercise with Natalie Williams. Drive through supper meal.</p> <p>5-6 pm PLEASE DON'T COME BEFORE 5:00PM THANKS</p>	<p>13 If my body were a car, I would trade it for a newer model. Every time I cough, sputter, or sneeze; my radiator leaks and my exhaust backfires!! LOL</p>	<p>14 There are four stages of age. First you forget names. Then you forget faces. Next, you forget to zip it up. Finally, you forget to zip down!!!!</p>
<p>17 What do you call somebody with no body, and no nose? Nobody knows!!! HA HA HA</p>	<p>18 You can increase the heart rate of your 70 year old husband! Tell him your pregnant !! Banana Pudding for all Homebound for Older Americans Month</p>	<p>19 9:30am Virtual Facebook Live Exercise with Natalie Williams.</p>	<p>20 What do you call a snake wearing a hard hat?? A boa constructor. Banana Pudding for all congregate for Older Americans Month.</p>	<p>21 Where can single men over 70 find younger women who are interested in them? Try a bookstore under fiction!!!</p>
<p>24 When your 20 and you drop something, you pick it up. When your 80 and you drop something, you realize you don't need it anymore!!! LOL</p>	<p>25 Why did the man get fired from the orange juice factory? Lack of concentration. :)</p>	<p>26 9:30am Virtual Facebook Live Exercise with Natalie Williams</p>	<p>27 You know you are getting old when you cant walk past a bathroom without saying..... I might as well go while I'm here. LOL</p>	<p>28 The good thing about having a bad memory is that jokes can be funny more than once.</p>
<p>31 Closed Memorial Day</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.