

YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2021

What's Happening...

We will continue to provide Meals on Wheels and frozen meals for registered congregate members.

Facebook Live Virtual Events!

Every Wednesday at 12 pm: 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.

Technology Classes

Android— Sept.1st, 8th,15th, 22nd from 10am-12pm Apple—Sept. 1st, 8th,15th, 22nd from 1pm-3pm

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.

Mark Your Calendar

Cigna Medicare & Yadkin County Senior Center will be hosting an open enrollment seminar on October 19, 2021 at 1:00 pm. You must RSVP to Nancy Crane (Cigna Benefits Advisor) at (704) 449-7801.

Unfortunately, due to the floors needing repairs at the senior center we can not offer in-person activities at this time because of safety concerns. If you know anyone that would like to donate materials, labor or an in-kind donation or if you would like to contribute, please see the Senior Center Manager. A receipt will be provided for tax purposes.

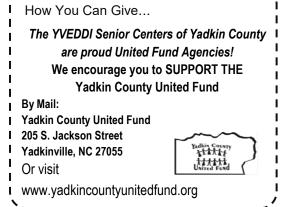
Thank you in advance for your continued support!

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



SEPTEMBER 2021

Mon	Tue	Wed	Thu	Fri
		1 10:30 am: Virtual Safety & Scam Programs with Dept. Diaz from the Yad- kin County Sherriff's De- partment. Android 10-12 Apple 1-3	2 9:30-11:00 Drive Thru pick-up of Congregate meals.	3
6 CLOSED Happy Labor Day	7 Homebound Meal Deliveries.	8 12:00 Virtual Exercise with Natalie. Android 10-12 Apple 1-3	9 9:30-11:00 Drive Thru pick-up of Congregate meals.	10
13	14 Homebound Meal Deliveries.	15 12:00 Virtual Exercise with Natalie. Android 10-12 Apple 1-3	16 9:30-11:00 Drive thru pick -up of Congregate meals	17
20	21 Homebound Meal Deliveries.	22 12:00 Virtual Exercise with Natalie. Android 10-12 Apple 1-3	23 9:30-11:00 Drive Thru pick-up of Congregate meals.	24
27	28 Homebound Meal Deliveries.	29 12:00 Virtual Exercise with Natalie. Android 10-12 Apple 1-3	30 9:30-11:00 Drive Thru pick-up of Congregate meals.	VADRIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.

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.