



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 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 11:00am: Exercise with Natalie Williams
- The 1st Wednesday of every month at 10:30 AM: Virtual Safety Programs. Multiple Speakers This month Natalie Williams from Health and Human Services will be addressing COVID, the effects, Vaccines and Boosters.

Line Dancing: Wednesdays at 12:00 at the park below the center, under the shelter. 606 N. State Street. Instructor (Margaret Anderson) \$3 for seniors and \$5 for under 55.

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

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!

I will be in the office at the center if you have any questions, concerns or needs. Please feel free to call. (336) 679-3596



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



NOVEMBER 2021

Mon

Tue

Wed

Thu

Fri

<p>1</p> <p>Take time this month to reflect on what you are thankful for.</p>	<p>2</p> <p>Homebound Meal Deliveries.</p>	<p>3</p> <p>11:00 Virtual Exercise with Natalie. 12 Line Dancing 10:30 Virtual Safety Programs. This month Natalie Williams from Health & Human Services will be discussing COVID.</p>	<p>4</p> <p>9:30-11:00 Drive Thru pick-up of Congregate meals.</p>	<p>5</p> <p>Have you heard about corduroy pillows?? They are making headlines!! HA HA</p>
<p>8</p>	<p>9</p> <p>Homebound Meal Deliveries.</p>	<p>10</p> <p>11:00 Virtual Exercise with Natalie. 12 Line Dancing</p>	<p>11</p> <p>CLOSED</p>	<p>12</p>
<p>15</p>	<p>16</p> <p>Homebound Meal Deliveries.</p>	<p>17</p> <p>11:00 Virtual Exercise with Natalie. 12 Line Dancing</p>	<p>18</p> <p>9:30-11:00 Drive thru pick-up of Congregate meals Drive through Flu Shots 1—3pm</p>	<p>19</p>
<p>22</p>	<p>23</p> <p>Homebound Meal Deliveries.</p>	<p>24</p> <p>11:00 Virtual Exercise with Natalie. 12 Line Dancing</p>	<p>25</p> <p>CLOSED</p> 	<p>26</p> <p>CLOSED</p>
<p>29</p>	<p>30</p> <p>Homebound Meal Deliveries.</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.