



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2022

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.

Line Dancing: Every other Wednesday 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 age 55. Call if you need to know what days. Call (336) 679-3596

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

Holiday Schedule

- January 3, 2022 New Years Day
- January 17, 2022 MLK, Jr Day

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



JANUARY 2022

Mon	Tue	Wed	Thu	Fri
3 CLOSED	4 Homebound Meal Deliveries.	5 11:00 Virtual Exercise with Natalie. 10:30 Virtual Safety Programs.	6 9:30-11:00 Drive Thru pick-up of Congregate meals.	7 What do you get when you wake up on a work-day and realize you ran out of coffee? A depresso! :LOL
10 What do you call the soft tissue between a sharks teeth? A slow swimmer!!! LOL	11 Homebound Meal Deliveries.	12 11:00 Virtual Exercise with Natalie. 12 Line Dancing	13 9:30-11:00 Drive Thru pick-up of Congregate meals.	14 Do not go to the bathroom in a dream. It's a trap!!! LOL
17 CLOSED	18 Homebound Meal Deliveries.	19 11:00 Virtual Exercise with Natalie.	20 9:30-11:00 Drive thru pick-up of Congregate meals	21 <i>What is pointless??</i> <i>To tell a bald guy a hair-raising story.</i>
24 Losing a wife can be tough,,, some even say impossible!! LOL	25 Homebound Meal Deliveries.	26 11:00 Virtual Exercise with Natalie. 12 Line Dancing	27 9:30-11:00 Drive thru pick-up of Congregate meals	28 Why do bees hum?? They can't remember the words.
31 Once I started to read between the lines, I realized all books are really the same!!!				

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.