



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 2022

## What's Happening...

We have N95 masks available at the center while supplies last!!!!

### Facebook Live Virtual Events and In-Person Activities

**2nd Tuesday of every month at 11:00 AM:** Yadkin County Public Library

**Every Wednesday at 12:00 PM:** Exercise with Natalie Williams

**The second Thursday of every month:** Crime prevention with Dept. O'Leary, Facebook Live & In person.

**Bee Keepers Association the 2nd Monday of each month 6 PM**

**Shag Lessons (1st 3rd and 4th Mondays of each month). Beginner 1 class at 7pm**

**Beginner 2 class at 8pm**

More information to come. Contact Brian at 336.970.0034 or Lori Moore 336.679.3596

**Mondays:** 10am Quarter Bingo (bring your quarters)

**Friday:** 10am Nutrition Bingo (also bring quarters)

**TIME CHANGE SENIOR CHORUS** will practice on the 1st and 3rd Thursday of each month 12pm-12:45 PM

### **November 22nd at 5:00 PM: Senior Supper**

Limited seating. Bring your quarters for BINGO!

(registered participants only! Eat in or take it to go. Must come in to pick up

Menu: Thanksgiving Meal

*Made possible by the Shallow Ford Foundation*



**November 21st: SHIIP Counselor, Lauren Heavner will be here to answer your insurance questions starting at 10:00am. Call and schedule your appointment today!!!**

**Line Dancing: Canceled until further interest.** Instructor: Margaret Anderson

\$3 for seniors 55+ and \$5 for under age 55. Call (336) 679-3596

### **FUNDRAISER:**

**We are still collecting coins to help pay off the remaining balance and off set the expense of replacing the floors at the center.** All donations appreciated. 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*

## Happy Thanksgiving!



### 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](http://www.yadkincountyunitedfund.org)



# NOVEMBER 2022

Mon	Tue	Wed	Thu	Fri
	<p>1 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 6 Historic Society</p>	<p>2 9 Walking to Music 10 Color-time 10:30 Line Dancing Not at this time 12 Flexercise w/ Natalie</p>	<p>3 <b>9:30-11:00 Drive Thru pick-up of Congregate meals.</b> 9 Walking to Music 10 Color-time <b>12-12:45 SENIOR CHORUS</b> 1 Pegs &amp; Jokers 6 Rook</p>	<p>4 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo</p>
<p>7 9 Walking to Music 10 Color-time 10 Quarter BINGO 1 Rook for Beginners 7 Shag Classes \$\$</p>	<p>8 <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time 11 Andrea Nichols– Yadkin County Public Library 5 Gentry Supper</p>	<p>9 9 Walking to Music 10 Color-time 10:30 Line Dancing Not at this time 12 Flexercise w/ Natalie</p>	<p>10 <b>9:30-11:00 Drive Thru pick-up of Congregate meals.</b> 9 Walking to Music <b>10 Crime Prevention with Dept. O'Leary</b> 1 Pegs &amp; Jokers 6 Rook</p>	<p>11 CLOSED Happy Veteran's Day <i>Honoring military veterans of the United States Armed Forces</i></p>
<p>14 9 Walking to Music 10 Color-time 10 Quarter BINGO 1 Rook for Beginners 6 Bee Keepers</p>	<p>15 <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time 2 PTRC Ombudsman Meeting</p>	<p>16 9 Walking to Music 10 Color-time 10:30 Line Dancing Not at this time 12 Flexercise w/ Natalie</p>	<p>17 <b>9:30-11:00 Drive thru pick-up of Congregate meals</b> <b>12-12:45pm SENIOR CHORUS</b> 1 Pegs &amp; Jokers 6 Rook</p>	<p>18 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo</p>
<p>21 9 Walking to Music <b>10 SHIIP Counseling with Lauren Heavner!!!!</b> 10 Quarter BINGO 1 Rook for Beginners 7 Shag Classes \$\$</p>	<p>22 Homebound Meal Deliveries 9 Walking to Music 10 Color-time <b>5 Senior Supper (Limited to the first 35 registered participants that sign up)</b></p>	<p>23 9 Walking to Music 10 Color-time 10:30 Line Dancing Not at this time 12 NO FLEXERCISE WITH NATALIE TODAY!</p>	<p>24 CLOSED Thanksgiving</p>	<p>25 CLOSED</p>
<p>28 9 Walking to Music 10 Color-time 10 Quarter BINGO 1 Rook for Beginners 7 Shag Classes \$\$</p>	<p>29 <b>Homebound Meal Deliveries</b></p>	<p>30 <b>9 Walking to Music</b> <b>10 Color-time</b> <b>10:30 Line Dancing Not at this time</b> <b>12 Flexercise w/ Natalie</b></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.