



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2023

## 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:** 10 AM Quarter Bingo (bring your quarters)

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

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

### **January 24 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: TBD

*Made possible by the Shallow Ford Foundation*



### **Line Dancing: Will start back on Mondays at 12 PM starting on January 23, 2023**

Instructor: Margaret Anderson

\$3 for seniors 55+ and \$5 for under age 55.

Call (336) 679-3596

**Happy New Year!**



### 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)



# JANUARY 2023

Mon	Tue	Wed	Thu	Fri
2 CLOSED	3 <b>Homebound Meal Deliveries</b>  9 Walking to Music 10 Color-time	4 9 Walking to Music 10 Color-time 10:30 Line Dancing Not at this time 12 Flexercise w/ Natalie	5 <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 & Jokers 6 Rook	6 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo
9  9 Walking to Music 10 Color-time 10 Quarter BINGO 1 Rook for Beginners 7 Shag Classes\$\$	10 <b>Homebound Meal Deliveries</b>  9 Walking to Music 10 Color-time 11 Andrea Nichols– Yadkin County Public Library 5 Gentry Supper	11 9 Walking to Music 10 Color-time 10:30 Line Dancing Not at this time 12 Flexercise w/ Natalie	12 <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 & Jokers 6 Rook	13 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo
16  CLOSED	17 <b>Homebound Meal Deliveries</b>  9 Walking to Music 10 Color-time 2 PTRC Ombudsman Meeting	18 9 Walking to Music 10 Color-time 10:30 Line Dancing Not at this time 12 Flexercise w/ Natalie	19 <b>9:30-11:00 Drive thru pick-up of Congregate meals</b> <b>12-12:45pm SENIOR CHORUS</b> 1 Pegs & Jokers 6 Rook	20 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo
23 9 Walking to Music 10 Color Time 10 Quarter BINGO 12 Line Dancing 1 Rook for Beginners 7 NO SHAG CLASSES	24 <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time <b>5 Senior Supper (Limited to the first 35 registered participants that sign up)</b>	25 9 Walking to Music 10 Color-time 10:30 Line Dancing Not at this time 12 Flexercise w/ Natalie!	26 <b>9:30-11:00 Drive thru pick-up of Congregate meals</b> 1 Pegs & Jokers 6 Rook	27 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo
30 9 Walking to Music 10 Color-time 10 Quarter BINGO 12 Line Dancing 1 Rook for Beginners 7 Shag Classes\$\$	31 <b>Homebound Meal Deliveries</b>  9 Walking to Music 10 Color-time 11:30 Advisory Committee meeting			 <b>YVEDDI</b> YADKIN 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.