



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 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

2nd Thursday of each month: Crime prevention with Dept. O'Leary, Facebook Live & In person.

2nd Monday of each month at 6 PM: Bee Keepers Association

1st 3rd and 4th Mondays of each month: Shag Lessons

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 at 10 AM: Quarter Bingo (bring your quarters)

Friday at 10 AM: Nutrition Bingo (bring your quarters)

Wednesdays at 10: 30 AM: Line Dancing

Instructor: Margaret Anderson

\$3 for seniors and \$5 for anyone under the age of 55

NO FLEXERCOSE CLASSES ON 3/8/23 and 3/29/23!!!!!!

SENIOR CHORUS will practice on the 1st and 3rd Thursday of each month 10-11am *(please note time change)* If you would like to join our senior chorus, just show up!!!!!!

March 21st 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: Chicken Pie, Green Beans, Creamed Potatoes Rolls and Banana Pudding

Made possible by the Shallow Ford Foundation



SENIOR GAMES registration open starting March 1st -31st

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



MARCH 2023

Mon	Tue	Wed	Thu	Fri	
		1 9 Walking to Music 10 Color-time 10:30 Line Dancing Not at this time 12 Flexercise w/ Natalie	2 9:30-11:00 Drive Thru pick-up of Congregate meals. 9 Walking to Music 10 Color-time 10 am SENIOR CHORUS 1 Pegs & Jokers 6 Rook	3 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo	
	6 9 Walking to Music 10 Color-time 10 Quarter BINGO 12 Line Dancing \$ 1 Rook for Beginners 7 Shag Classes\$\$	7 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 6 Historic Society	8 9 Walking to Music 10 Color-time 10:30 Line Dancing Not at this time 12 NO FLEXERCISE THIS WEEK!!!!	9 9:30-11:00 Drive Thru pick-up of Congregate meals. 9 Walking to Music 10 Crime Prevention with Dept. O'Leary 1 Pegs & Jokers 6 Rook	10 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo
	13 9 Walking to Music 10 Color-time 10 Quarter BINGO 12 Line Dancing \$ 1 Rook for Beginners 6 Bee Keepers	14 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11 Andrea Nichols– Yadkin County Public Library 2 PTRC Ombudsman Meeting 5 Gentry Widow/Widower Supper	15 9 Walking to Music 10 Color-time 10:30 Line Dancing Not at this time 12 Flexercise w/ Natalie	16 9:30-11:00 Drive thru pick-up of Congregate meals 10 am SENIOR CHORUS 1 Pegs & Jokers 6 Rook	17 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 11 VAYA HEALTH Hoarding Disorder/Hidden Secrets <i>Happy St. Patrick's Day!</i> 
	20 9 Walking to Music 10 Color Time 10 Quarter BINGO 12 Line Dancing 1 Rook for Beginners 7 Shag Classes\$\$	21 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 5 Senior Supper (Limited to the first 35 registered participants that sign up)	22 9 Walking to Music 10 Color-time 10:30 Line Dancing Not at this time 12 Flexercise w/ Natalie	23 9:30-11:00 Drive thru pick-up of Congregate meals 1 Pegs & Jokers 6 Rook	24 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo
	27 9 Walking to Music 10 Color-time 10 Quarter BINGO 12 Line Dancing 1 Rook for Beginners 7 Shag Classes\$\$	28 Homebound Meal Deliveries 9 Walking to Music 10 Color-time	29 9 Walking to Music 10 Color-time 10:30 Line Dancing Not at this time 12 NO FLEXERCISE THIS WEEK!!!!	30 9:30-11:00 Drive thru pick-up of Congregate meals 1 Pegs & Jokers 6 Rook	31 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo

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.