

YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

June 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 (Suspended for June, July and August)
Every Wednesday at 12:00 PM: Exercise with Natalie Williams
2nd Thursday at 11:30am of each month: Crime prevention with Dept. O'Leary, Facebook Live & In person. Note: Just for the month of June, Dept. O'Leary will be here on June 15th at 11:30 AM

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)

1st and 3rd Thursday of each month SENIOR CHORUS at 10am

June 16th Vaya Health (3rd Friday of each month)
Wednesdays at 10:30 AM: Line Dancing
Instructor: Margaret Anderson
\$3 for seniors and \$5 for anyone under the age of 55.

REMINDER— Shag Classes will take a break from now until July

June 27th at 5:00 PM: Senior Supper

Menu: Ham & Cheese Subs, Chips, Pea Salad and Lemon Squares.

Limited seating. Bring your quarters for BINGO!

Registered active participants only!

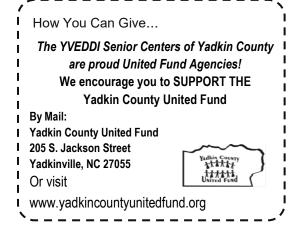


Eat in or take it to go. Must come in to pick up Made possible by the Shallow Ford Foundation



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



207 East Hemlock Street Yadkinville, NC 27055 • 336.679.3596

JUNE 2023



| Mon | Tue | Wed | Thu | Fri |
|---|---|--|---|--|
| Lunch is served daily at 11:30 a.m. for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more Information. | | | 1 10 Senior Chprus 1130 Lunch 1 Pegs & Jokers 6 Rook | 2 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 11 Yadkin County Paramedic Shelby Williams 1130 Lunch |
| 5 9 Walking to Music 10 Color-time 10 Quarter BINGO 1130 Lunch 1 Rook for Beginners 6 Bee Keepers | 6 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 1130 Lunch 6 Yadkin County Historic So- ciaty | 7 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 1130 Lunch 12 Flexercise w/ Natalie | 8 9 Walking to Music 1130 Lunch 1 Pegs & Jokers 6 Rook | 9 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 1130 Lunch |
| 12 9 Walking to Music 10 Color-time 10 Quarter BINGO 11:15 to 1:15 Heather Poin- dexter will be here for any questions about health 1130 Lunch 1 Rook for Beginners | 13 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 1130 Lunch 5 Gentry Widow-Widower Sup- per | 14 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 1130 Lunch 12 Flexercise w/ Natalie | 15 10 Senior Chorus 1130 Lunch 11:30 JUST FOR THIS MONTH Crime Prevention Dept. O'Leary 1 Pegs & Jokers 6 Rook | 16 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 11 VAYA Health 1130 Lunch |
| 19 9 Walking to Music 10 Color Time 10 Quarter BINGO 1130 Lunch 1 Rook for Beginners | 20 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 1130 Lunch | 21 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 1130 Lunch 12 Flexercise w/ Natalie | 22 1130 Lunch 1 Pegs & Jokers 6 Rook | 23 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 1130 Lunch |
| 26 9 Walking to Music 10 Color Time 10 Quarter BINGO 1130 Lunch 1 Rook for Beginners | 27 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 1130 Lunch 5 Senior Supper and Bingo You must be an active congre- gate member to join. | 28 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 1130 Lunch 12 Flexercise w/Natalie | 29 1130 Lunch 1 Pegs & Jokers 6 Rook | 30 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 1130 Lunch |

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.

www.yveddi.com