



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

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



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 Society	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 Supper	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 congregate 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.