



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

July 2023

## What's Happening...

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

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

**Mondays at 10 AM:** Quarter Bingo (bring your quarters)

**Monday: 1st, 3rd, 4th and sometimes the 5th at 7 PM:** Carolina Shag Lessons \$\$ (for information contact Brian G. at 336.970.0034)

**2nd Monday at 6 PM:** BEE KEEPERS

**Tuesday at 6 PM:** Yadkin Historic Society

**2nd Tuesday of the month:** YCPL with Andrea Nichols (will resume back in September)

**2nd Tuesday of the month:** GENTRY SUPPER-Widow-Widower Supper, POT LUCK (meat and drinks will be provided)

**4th Tuesday of the month:** Senior Supper

**Wednesday at 10:15 AM to 11:15 AM:** Line Dance Lessons \$\$

**Wednesday at 12:00 PM:** FLEXERCISE with Natalie Williams

**2nd Thursday of the month at 11:30 AM:** Crime Prevention with Dept. O'Leary

**Thursday:** Pegs & Jokers at 1 PM and Rook at 6 PM

**Friday 1st Friday of the month at 11:30 AM:** Shelby Willard with Yadkin Paramedic

**Friday 3rd Friday at 11:30 AM:** VAYA Health

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

**July 25th at 5:00 PM:** Senior Supper

Chicken Salad Croissants, Broccoli & Cauliflower Salad, Potato Salad and Cup Cakes

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



# JULY 2023



Mon	Tue	Wed	Thu	Fri
3 9 Walking to Music 10 Color-time 10 Quarter BINGO 11:30 Lunch 1 Rook for Beginners 7 Carolina Shag Lessons \$\$	4 CLOSED Happy 4th of July!	5 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch 12 NO Flexercise w/ Natalie on this day!!!!	6 9 walking to Music 10 Color-time 11:30 Lunch 1 Pegs & Jokers 6 Rook	7 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 11 Yadkin County Paramedic Shelby Williams 11:30 Lunch
10 9 Walking to Music 10 Color-time 10 Quarter BINGO 11:15 United Health Care Questions 11:30 Lunch 1 Rook for Beginners 6 Bee Keepers	11 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11:30 Lunch 5 Gentry Widow-Widower Sup- per-Pot Luck	12 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch 12 Flexercise w/ Natalie	13 9 Walking to Music 10 Color-time 11:30 Lunch 11:30 Crime Prevention with Dept. O'Leary 1 Pegs & Jokers 6 Rook	14 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 11:30 Lunch
17 9 Walking to Music 10 Color-time 10 Quarter BINGO 11:30 Lunch 1 Rook for Beginners 7 Carolina Shag Lessons\$\$	18 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11:30 Lunch	19 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch 12 Flexercise w/ Natalie	20 9 Walking to Music 10 Color-time 11:30 Lunch 11:30 Crime Prevention Dept. O'Leary 1 Pegs & Jokers 6 Rook	21 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 11 VAYA Health 11:30 Lunch
24 9 Walking to Music 10 Color Time 10 Quarter BINGO 11:30 Lunch 1 Rook for Beginners 7 Carolina Shag Lessons \$\$	25 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11:30 Lunch 5 Senior Supper	26 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch 12 Flexercise w/ Natalie	27 9 Walking to Music 10 Cloor-time 11:30 Lunch 1 Pegs & Jokers 6 Rook	28 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 11:30 Lunch
31 9 Walking to Music 10 Color Time 10 Quarter BINGO 11:30 Lunch 1 Rook for Beginners 7 Carolina Shag Lessons \$\$				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.

**Mission Statement:** To improve and maintain independent wellness for the senior community through advocacy, nutrition, vol-  
 unteerism and vigorous programming to promote healthy minds, bodies and spirits.