



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

August 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:** Yadkin Paramedic

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

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

**August 22nd at 5:00 PM: Senior Supper**

Menu: Pot Roast, Seasoned Potatoes, Peas, Rolls & Banana Pudding

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)



# AUGUST 2023



Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p><b>Homebound Meal Deliveries</b></p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>11:30 Lunch</p>	<p>2</p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>10:15 Line Dancing \$</p> <p>11:30 Lunch</p> <p>12 Flexercise w/ Natalie</p>	<p>3</p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>11:30 Lunch</p> <p>1 Pegs &amp; Jokers</p> <p>6 Rook</p>	<p>4</p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>10:00 Nutrition Bingo</p> <p><b>11 Yadkin County Paramedic</b></p> <p>11:30 Lunch</p>
<p>7</p> <p>9 Walking to Music</p> <p>9 United Health Care Questions with Heather Poindexter</p> <p>10 Color-time</p> <p>10 Quarter BINGO</p> <p>11:30 Lunch</p> <p>1 Rook for Beginners</p> <p>7 Carolina Shag Lessons\$\$</p>	<p>8</p> <p><b>Homebound Meal Deliveries</b></p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>11:30 Lunch</p> <p><b>5 Gentry Widow-Widower Supper-Pot Luck</b></p>	<p>9</p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>10:15 Line Dancing \$</p> <p>11:30 Lunch</p> <p>12 Flexercise w/ Natalie</p>	<p>10</p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>11:30 Lunch</p> <p><b>11:30 Crime Prevention with Deputy O'Leary</b></p> <p>1 Pegs &amp; Jokers</p> <p>6 Rook</p>	<p>11</p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>10:00 Nutrition Bingo</p> <p>11:30 Lunch</p>
<p>14</p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>10 Quarter BINGO</p> <p>11:30 Lunch</p> <p>1 Rook for Beginners</p> <p><b>6 Bee Keepers</b></p>	<p>15</p> <p><b>Homebound Meal Deliveries</b></p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>11:30 Lunch</p>	<p>16</p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>10:15 Line Dancing \$</p> <p>11:30 Lunch</p> <p>12 Flexercise w/ Natalie</p>	<p>17</p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>11:30 Lunch</p> <p>1 Pegs &amp; Jokers</p> <p>6 Rook</p>	<p>18</p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>10:00 Nutrition Bingo</p> <p>11 VAYA Health</p> <p>11:30 Lunch</p>
<p>21</p> <p>9 Walking to Music</p> <p>10 Color Time</p> <p>10 Quarter BINGO</p> <p>11:30 Lunch</p> <p>1 Rook for Beginners</p> <p>7 Carolina Shag Lessons \$\$</p>	<p>22</p> <p><b>Homebound Meal Deliveries</b></p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>11:30 Lunch</p> <p><b>5 Shallow Ford Senior Supper</b></p>	<p>23</p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>10:15 Line Dancing \$</p> <p>11:30 Lunch</p> <p>12 Flexercise w/ Natalie</p>	<p>24</p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>11:30 Lunch</p> <p>1 Pegs &amp; Jokers</p> <p>6 Rook</p>	<p>25</p> <p>9 Walking to Music</p> <p>10 Color-time</p> <p>10:00 Nutrition Bingo</p> <p>11:30 Lunch</p>
<p>28</p> <p>9 Walking to Music</p> <p>10 Color Time</p> <p>10 Quarter BINGO</p> <p>11:30 Lunch</p> <p>1 Rook for Beginners</p> <p>7 Carolina Shag Lessons \$\$</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older.</p> <p>You must be registered.</p> <p>Contact the Nutrition Site Manager for more Information.</p>

**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.