



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 2023

What's Happening...

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

SHIIP NC Department of Insurance 11/27/23 call for your appointment !!!

Facebook Live Virtual Events and In-Person Activities

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

Mondays at 12 Cardio Drumming with Natalie Williams

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

1st Tuesday at 6 PM: Yadkin Historic Society

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

1st & 3rd Thursday, Senior Chorus at 10am

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)

November 28 at 5:00 PM: Senior Supper THANKSGIVING MEAL

Menu: Turkey, Stuffing, Cranberry Salad. Green Bean Casserole, and Pumpkin Pie
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



NOVEMBER 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 27 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch 12 Flexercise w/ Natalie	2 9 Walking to Music 10 Color-time 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	3 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 11 Yadkin County Paramedic 11:30 Lunch
6 9 Walking to Music 9:30 Flu Shot Clinic 10 Color-time 10 Quarter BINGO 11:30 Lunch 12 Cardio Drumming 1 Rook for Beginners 7 Carolina Shag Lessons \$\$	7 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11:30 Lunch 6 Yadkin Historic Society	8 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch 12 Flexercise w/ Natalie	9 9 Walking to Music 10 Color-time 11:30 Lunch 11:30 Crime Prevention with Deputy O'Leary 1 Pegs & Jokers 6 Rook	10 CLOSED Happy Veterans Day!
13 9 Walking to Music 10 Color-time 10 Quarter BINGO 11:30 Lunch 12 Cardio Drumming 1 Rook for Beginners 6 Bee Keepers	14 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11:30 Lunch 5 Gentry Widow-Widower Supper-Pot Luck	15 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch 12 Flexercise w/ Natalie	16 9 Walking to Music 10 Color-time 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	17 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 11 Nutrition Program With Providence 11:30 VAYA Health 11:30 Lunch
20 9 Walking to Music 10 Color Time 10 Quarter BINGO 11:30 Lunch 12 Cardio Drumming 1 Rook for Beginners 7 Carolina Shag Lessons \$\$	21 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11:30 Lunch	22 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch 12 Flexercise w/ Natalie	23 CLOSED 	24 CLOSED
27 9:30 SHIP 9 Walking to Music 10 Color Time 10 Quarter BINGO 11:30 Lunch 12 Cardio Drumming 1 Rook for Beginners 7 Carolina Shag Lessons \$\$	28 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11:30 Lunch 5 Shallow Ford Senior Supper	29 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch 12 Flexercise w/ Natalie	30 9 Walking to Music 10 Color-time 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	

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.