

# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



## A North Carolina Certified Senior Center of Excellence

## December 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)

#### 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

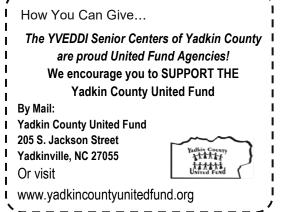
Friday 3rd Friday at 11:30 AM: VAYA Health

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

#### December 19th at 5:00 PM: Senior Supper

Menu: Ham, Yams, Pea Dumplings , Rolls, Red Velvet Cake 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

Shallow Ford

OUNDATION

## DECEMBER 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 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 11:30 Lunch
4 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 <b>7 Carolina Shag Lessons</b> <b>\$</b>	5 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11:30 Lunch 6 Yadkin Historic Society	6 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch 12 Flexercise w/ Natalie	7 9 Walking to Music 10 Color-time 10 Senior Chorus 11:30 Lunch <b>11:30 Crime Prevention</b> <b>with Deputy O'Leary</b> 1 Pegs & Jokers 6 Rook	8 9 Walking to Music 10 Color-time 10 Nutrition Bingo 11:30 Lunch
<ul> <li>11</li> <li>9 Walking to Music</li> <li>10 Color-time</li> <li>10 Quarter BINGO</li> <li>11:30 Lunch</li> <li>12 Cardio Drumming</li> <li>1 Rook for Beginners</li> <li>6 Bee Keepers</li> </ul>	12 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11:30 Lunch 5 Gentry Widow-Widower Supper-Pot Luck	13 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch 12 Flexercise w/ Natalie	14 9 Walking to Music 10 Color-time 11:30 Lunch 1 Pegs & Jokers 6 Rook	15 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo <b>11:30 VAYA Health</b> 11:30 Lunch
18 9 Walking to Music 10 Color Time 10 Quarter BINGO 11:30 Lunch 12 Cardio Drumming 1 Rook for Beginners <b>7 Carolina Shag Lessons</b> \$\$	19 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11:30 Lunch 5 Senior Supper	20 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch 12 Flexercise w/ Natalie	21 9 Walking to Music 10 Color-time 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	22 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 11:30 Lunch
25	26	27	28	29
CLOSED	closed Christmas	CLOSED	CLOSED	CLOSED

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