



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

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



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 7 Carolina Shag Lessons \$\$	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 11:30 Crime Prevention with Deputy O'Leary 1 Pegs & Jokers 6 Rook	8 9 Walking to Music 10 Color-time 10 Nutrition Bingo 11:30 Lunch
11 9 Walking to Music 10 Color-time 10 Quarter BINGO 11:30 Lunch 12 Cardio Drumming 1 Rook for Beginners 6 Bee Keepers	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 11:30 VAYA Health 11:30 Lunch
18 9 Walking to Music 10 Color Time 10 Quarter BINGO 11:30 Lunch 12 Cardio Drumming 1 Rook for Beginners 7 Carolina Shag Lessons \$\$	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 CLOSED
25 CLOSED 	26 CLOSED	27 CLOSED	28 CLOSED	29 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.