



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 2024

What's Happening...

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

Facebook Live Virtual Events and In-Person Activities

Mondays at 12:00-1:00 PM: Quarter Bingo (bring your quarters)

Mondays at 10 AM: Cardio Drumming with Smart Board upon request!

Monday: 1st, 3rd, 4th and sometimes the 5th Monday of the month at 7 PM: Beginners Carolina Shag Lessons, followed by Advanced Class \$\$ (for information contact Brian G. at 336.970.0034)

2nd Monday of the month at 6:00 PM: Bee Keepers

1st Tuesday of the month at 6:00 PM: Yadkin Historic Society

2nd Tuesday of the month: Gentry Widow/Widower Supper POT LUCK (meat and drinks will be provided)

4th Tuesday of the month at 5:00 PM: Senior Supper
Senior Suppers will be Pot Luck or small fee. You must sign up for these meals. If you have any questions please contact the center for information.

Due to low attendance, the Line Dance Class will be taking a winter break and should resume on the first Wednesday in March (3/6/24 10:15 to 11:15 AM) \$\$

Wednesdays at 2:00-3:00 PM: Corn Hole

Wednesdays at 12:00 PM: FLEXERCISE will resume as soon as we have a new instructor. Sorry for any inconvenience.

1st & 3rd Thursday at 10:00 AM: Senior Chorus

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

Thursdays: Pegs & Jokers at 1:00 PM and Rook at 6:00 PM

3rd Friday at 11:00 AM to 12:00 PM: VAYA Health

Fridays at 10:00-11:00 AM: Nutrition Bingo (Bring your quarters)



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



FEBRUARY 2024



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/ Puzzle 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	2 9 Walking to Music 10 Color-time/ Puzzle 10-11 Nutrition Bingo 11:30 Lunch
5 9 Walking to Music 10 Color-Time/Puzzle 10 Cardio Drumming 11:30 Lunch 12-1 Quarter BINGO 1 Rook for Beginners 7 Beginners Carolina Shag Lessons, Advanced after \$\$	6 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch	7 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 2-3 Corn Hole	8 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 11:30 Crime Prevention with Deputy O'Leary 1 Pegs & Jokers 6 Rook	9 9 Walking to Music 10 Color-time/ Puzzle 10-11 Nutrition Bingo 11:30 Lunch
12 9 Walking to Music 10 Color-time/ Puzzle 10 Cardio Drumming 11:30 Lunch 12-1 Quarter Bingo 1 Rook for Beginners 6 Bee Keepers	13 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 5 Gentry-Widow/Widower Supper	14 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 2-3 Corn Hole Happy Valentines Day 	15 9 Walking to Music 10 Color-time/ Puzzle 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	16 9 Walking to Music 10 Color-time/ Puzzle 10-11 Nutrition Bingo 11 VAYA Health 11:30 Lunch
19 9 Walking to Music 10 Color Time/Puzzle 10 Cardio Drumming 11:30 Lunch 12-1 Quarter BINGO 7 Beginners Carolina Shag Lessons, Advances Class after \$\$	20 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch	21 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 2-3 Corn Hole	22 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers 6 Rook	23 9 Walking to Music 10 Color-time/ Puzzle 10-11 Nutrition Bingo 11:30 Lunch
26 9 Walking to Music 10 Color Time/ Puzzle 10 Cardio Drumming 11:30 Lunch 12-1 Quarter BINGO 1 Rook for Beginners 7 Beginners Carolina Shag Lessons Advanced Class after \$\$	27 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 5 Senior Supper	28 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 2-3 Corn Hole	29 9 Walking to Music 10 Color-time/ Puzzle 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.