



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 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 10 AM: Quarter Bingo (bring your quarters)

Mondays at 12 Cardio Drumming with Smart Board

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

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 5:00pm

Wednesday at 10:15 AM to 11:15 AM: Line Dance Lessons \$\$

Wednesday: FLEXERCISE has been cancelled until further notice. Sorry for any inconvenience .

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 3rd Friday at 11AM to 12 VAYA Health

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

SENIOR SUPPER

January 23,2024 at 5:00pm

We can no longer offer this meal for free since grant funding is no longer available. This meal will be a Pot-Luck or there will be a small fee to participate. Call for details.

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



JANUARY 2024



Mon	Tue	Wed	Thu	Fri
1 CLOSED	2 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11:30 Lunch 6 Yadkin Historic Society	3 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch	4 9 Walking to Music 10 Color-time 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	5 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 11:30 Lunch
8 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 6 Bee Keepers	9 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11:30 Lunch 5 Gentry Widow-Widower Supper-Pot Luck	10 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch	11 9 Walking to Music 10 Color-time 11:30 Lunch 11:30 Crime Prevention with Deputy O'Leary 1 Pegs & Jokers 6 Rook	12 9 Walking to Music 10 Color-time 10 Nutrition Bingo 11:30 Lunch
15 CLOSED	16 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11:30 Lunch	17 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch	18 9 Walking to Music 10 Color-time 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	19 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 11 VAYA Health 11:30 Lunch
22 9 Walking to Music 10 Color Time 10 Quarter BINGO 11:30 Lunch 12 Cardio Drumming 1 Advisory Committee Meeting 7 Carolina Shag Lessons \$\$	23 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11:30 Lunch Senior Supper 5:00pm	24 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch	25 9 Walking to Music 10 Color-time 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	26 9 Walking to Music 10 Color-time 10:00 Nutrition Bingo 11:30 Lunch
29 9 Walking to Music 10 Color Time 10 Quarter BINGO 11:30 Lunch 12 Cardio Drumming 1 Rook for Beginners 7 Carolina Shag Lessons \$\$	30 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 11:30 Lunch	31 9 Walking to Music 10 Color-time 10:15 Line Dancing \$ 11:30 Lunch		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.

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.