



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 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.

**Wednesdays: Line Dance \$\$ 10:15 to 11:15am**

**Wednesdays: 12-1 Corn Hole**

**Wednesdays at 12-1 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](http://www.yadkincountyunitedfund.org)



# MARCH 2024



Mon	Tue	Wed	Thu	Fri
<p>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more Information.</p>	<p><b>Happy St. Patricks Day</b></p>	<p><b>Happy Easter!</b></p> 	<p><b>March 10th: Day Light Savings Time Begins</b></p>	<p>1 9 Walking to Music 10 Color-time/ Puzzle 10-11 Nutrition Bingo 11:30 Lunch</p>
<p>4 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 \$\$</p>	<p>5 <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 5 Yadkin Historic Society</p>	<p>6 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 12-1 Corn Hole</p>	<p>7 9 Walking to Music 10 Color-time/ Puzzle 10 Senior Chorus 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>8 9 Walking to Music 10 Color-time/ Puzzle 10-11 Nutrition Bingo 11:30 Lunch</p>
<p>11 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</p>	<p>12 <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 5 Gentry-Widow/Widower Supper</p>	<p>13 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 12-1 Corn Hole</p>	<p>14 9 Walking to Music 10 Color-time/ Puzzle <b>11 Crime Prevention with Deputy O'Leary</b> 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>15 9 Walking to Music 10 Color-time/ Puzzle 10-11 Nutrition Bingo <b>11 VAYA Health</b> 11:30 Lunch</p>
<p>18 9 Walking to Music 10 Color Time/Puzzle 10 Cardio Drumming 11:30 Lunch 12-1 Quarter BINGO <b>7 Beginners Carolina Shag Lessons, Advances Class after \$\$</b></p>	<p>19 <b>Spring Begins</b> <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch</p>	<p>20 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 12-1 Corn Hole</p>	<p>21 9 Walking to Music 10 Color-time/ Puzzle 10 Senior Chorus 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>22 9 Walking to Music 10 Color-time/ Puzzle 10-11 Nutrition Bingo 11:30 Lunch</p>
<p>25 9 Walking to Music 10 Color Time/ Puzzle 10 Cardio Drumming 11:30 Lunch 12-1 Quarter BINGO 1 Rook for Beginners <b>7 Beginners Carolina Shag Lessons Advanced Class after \$\$</b></p>	<p>26 <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 5 Senior Supper</p>	<p>27 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 12-1 Corn Hole</p>	<p>28 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs &amp; Jokers 6 Rook</p>	<p>29 <b>CLOSED Good Friday</b></p>

**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.