



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

April 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 at least one week prior to the event. Please call to ask if it will be POT-LUCK or if you need to make a donation toward the meal. 336-679-3596**

**Wednesdays: Line Dance \$ 10:15 AM -11:15 AM**

**Wednesdays: 12-1 PM** 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 - 12:00 PM:** VAYA Health

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

## May 2nd Senior Games Opening Ceremonies

Surry Community College, Dobson.

### 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)



# APRIL 2024



Mon	Tue	Wed	Thu	Fri
<b>1</b> 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 \$\$	<b>2</b> <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch	<b>3</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 12-1 Corn Hole	<b>4</b> 9 Walking to Music 10 Color-time/ Puzzle 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	<b>5</b> 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
<b>8</b> 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	<b>9</b> <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 5 GENTRY Widow/Widower Supper	<b>10</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 12-1 Corn Hole	<b>11</b> 9 Walking to Music 10 Color-time/ Puzzle <b>11 Crime Prevention with Deputy O'Leary</b> 11:30 Lunch 1 Pegs & Jokers 6 Rook	<b>12</b> 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
<b>15</b> 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 \$\$	<b>16</b> <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch	<b>17</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 12-1 Corn Hole	<b>18</b> 9 Walking to Music 10 Color-time/ Puzzle 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	<b>19</b> 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo <b>11 VAYA Health</b> 11:30 Lunch
<b>22</b> 9 Walking to Music 10 Color Time/Puzzle 10 Cardio Drumming 11:30 Lunch 12-1 Quarter BINGO 7 Beginners Carolina Shag Lessons, Advanced after \$\$	<b>23</b> <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 5 Senior Supper	<b>24</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 12-1 Corn Hole	<b>25</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers 6 Rook	<b>26</b> 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
<b>29</b> 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>	<b>30</b> <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 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.