

YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



June 2024

A North Carolina Certified Senior Center of Excellence

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 at 5:00pm Gentry-Widow/Widower Supper Pot-Luck, meat and drinks will be provided, bring a covered dish to share.

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 Lessons \$ - 10:15 AM -11:15 AM

Wednesdays: 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)

June 10th at 10 AM: MEDICARE 101 Presentation

HOT DOG LUNCH FUNDRAISER, MORE DETAILS COMING SOON!!!

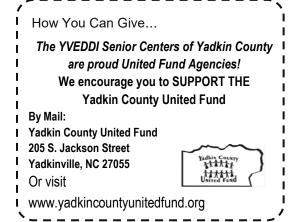
Information for Services, Referrals & Assistance

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



JUNE 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.				
3 9 Walking to Music 10 Color-Time/Puzzle 10 Cardio Drumming 11:30Lunch 12-1Quarter BINGO 1 Rook for Beginners 7Carolina Shag Lessons \$\$	4 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11 Nutrition Highlights 11:30 Lunch 6 Yadkin Historic Society	5 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole	6 9 Walking to Music 10 Color-time/ Puzzle 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	7 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
10 9 Walking to Music 10 Medicare 101 10 Color-Time/Puzzle 10 Cardio Drumming 11:30Lunch 12-1Quarter BINGO 1 Rook for Beginners 6 Bee Keepers	11 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11 Nutrition Highlights 11:30 Lunch 5 Gentry-Widow/Widower Supper— Pot-Luck	12 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole	13 9 Walking to Music 10 Color-time/ Puzzle 11 Crime Prevention with Deputy O'Leary 11:30 Lunch 1 Pegs & Jokers 6 Rook	14 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
 17 9 Walking to Music 10 Color-time/ Puzzle 10 Cardio Drumming 11:30 Lunch 12-1 Quarter Bingo 1 Rook for Beginners 7 Carolina Shag Lessons\$\$ 	18 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11 Nutrition Highlights 11:30 Lunch	19 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole	20 9 Walking to Music 10 Color-time/ Puzzle 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers 6 Rook	21 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11 VAYA Health 11:30 Lunch
24 9 Walking to Music 10 Color Time/Puzzle 10 Cardio Drumming 11:30 Lunch 12-1 Quarter BINGO 1 Rook for Beginners 7Carolina Shag Lessons \$\$	25 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11 Nutrition Highlights 11:30 Lunch 5 Senior Supper \$\$	26 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole	27 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers 6 Rook	28 9 Walking to Music 10 Color-time/ Puzzle 10-11Trivia Bingo 11:30 Lunch

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.

www.yveddi.com