



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

July 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: 10 AM-11 AM: Partner's Health

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) **NO SHAG CLASSES IN JULY!**

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 5:00 PM: 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—**Will resume in September!!!**

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)

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

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



JULY 2024



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9 Walking to Music 10 Color-Time/Puzzle 10 Partners Health 11:30Lunch 12-1Quarter BINGO 1 Rook for Beginners ICE-CREAM AFTER BINGO :)</p>	<p>2</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11 Nutrition Highlights 11:30 Lunch</p>	<p>3</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole</p>	<p>4</p> <p>CLOSED Happy 4th of July!</p>	<p>5</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>8</p> <p>9 Walking to Music 10 Color-Time/Puzzle 10 Cardio Drumming 11:30Lunch 12-1Quarter BINGO 1 Rook for Beginners 6 Bee Keepers</p>	<p>9</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11 Nutrition Highlights 11:30 Lunch 5 Gentry Supper-Widow/ Widower's</p>	<p>10</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole</p>	<p>11</p> <p>9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>12</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>15</p> <p>9 Walking to Music 10 Medicare 101 10 Color-Time/Puzzle 10 Cardio Drumming 11:30Lunch 12-1Quarter BINGO 1 Rook for Beginners</p>	<p>16</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11 Nutrition Highlights 11:30 Lunch</p>	<p>17</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole</p>	<p>18</p> <p>9 Walking to Music 10 Color-time/ Puzzle 11 Crime Prevention with Deputy O'Leary 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>19</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>22</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10 Cardio Drumming 11:30 Lunch 12-1 Quarter Bingo 1 Rook for Beginners</p>	<p>23</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11 Nutrition Highlights 11:30 Lunch 5 Senior Supper</p>	<p>24</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole</p>	<p>25</p> <p>9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers 6 Rook</p>	<p>26</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>29</p> <p>9 Walking to Music 10 Color Time/Puzzle 10 Cardio Drumming 11:30 Lunch 12-1 Quarter BINGO 1 Rook for Beginners</p>	<p>30</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 11 Nutrition Highlights 11:30 Lunch</p>	<p>31</p> <p>9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole</p>		<p>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.</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.