



YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 2025

What's Happening...

Yadkin Valley Senior Games & Silver Arts Registration begins March 1st—March 31st 5-1-25 Opening Ceremonies

VITA Tax Counseling Yadkin County Public Library (336) 679-8292 or (336) 679-3596 for appointments!

We have N95 masks available at the center while supplies last!!

Facebook Live Virtual Events and In-Person Activities

Mondays at 10:00-11:00 AM: Quarter Bingo (bring your quarters)

Mondays: The 1st Monday of the month 11:00 AM-12:00 PM: Partner's Health with LaQuisha Martin-Hillian

Mondays at 10:00 AM: Cardio Drumming with Smart Board upon request!

Mondays: 2nd Monday of the month at 6:00 PM: Bee Keepers

Tuesdays at 10:00 AM: Quilting

Come out and join us for quilting. Volunteer Patricia Rogers will be assisting with any of your needs or wants in our quilting class.

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 at 10:15 -11:15 AM: \$ Line Dance Lessons

Advanced Class 10:00 AM to 10:15 AM

Wednesdays at 12:00-1:00 PM: Corn Hole

Wednesdays at 12:00 PM: FLEXERCISE will resume as soon as we have a new instructor. Sorry for any inconvenience. Wednesdays 2—4pm Rook

1st & 3rd Thursday at 10:00 AM: Senior Chorus

2nd Thursday of the month at 11:00 AM: Crime Prevention with Dept. O'Leary

Thursdays: Pegs & Jokers at 1:00 PM

Fridays at 10:00 - 11:00 AM: Trivia 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





MARCH 2025



Mon	Tue	Wed	Thu	Fri
<p>3 9 Walking to Music 10 Quarter Bingo 10 Color-Time/Puzzle 11:30Lunch 1 Rook for Beginners</p>	<p>4 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 10 Quilting 11:30 Lunch 6 Yadkin Historic Society</p>	<p>5 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook</p>	<p>6 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers</p>	<p>7 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>10 9 Walking to Music 10 Quarter Bingo 10 Color-time/ Puzzle 11:30 Lunch 1 Rook for Beginners 6 Bee Keepers</p>	<p>11 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 10 Quilting 11:30 Lunch 5 Widow/Widower Supper</p>	<p>12 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook</p>	<p>13 9 Walking to Music 10 Color-time/ Puzzle 11 Crime Prevention with Dept. O'Leary 11:30 Lunch 1 Pegs & Jokers</p>	<p>14 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>17 9 Walking to Music 10 Quarter Bingo 10 Color-time/ Puzzle 11:30 Lunch 1 Rook for Beginners</p> <p>Happy St. Patrick's Day!</p> 	<p>18 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 10 Quilting 11:30 Lunch</p>	<p>19 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook</p>	<p>20 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers</p> <p>First Day of Spring</p>	<p>21 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>24 9 Walking to Music 10 Quarter Bingo 10 Color-time/ Puzzle 11:30 Lunch 1 Rook for Beginners</p>	<p>25 Homebound Meal Deliveries 9 Walking to Music 10 Color-time/ Puzzle 10 Quilting 11:30 Lunch 5 Senior Supper</p>	<p>26 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook</p>	<p>27 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers</p>	<p>28 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch</p>
<p>31 9 Walking to Music 10 Quarter Bingo 10 Color-Time/Puzzles 11:30 Lunch 1 Rook for Beginners</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.