



# YADKIN COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

June 2025

## What's Happening...

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

### Facebook Live Virtual Events and In-Person Activities

#### FLEXERCISE IS BACK!!!!

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

**Mondays at 12 PM:** Flexercise/Cardio Drumming with Amy Squillini

**1st Monday of the month 11:00 AM-12:00 PM:** Partner's Health

**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 in 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 Support 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 from 2 PM to 4 PM:** Rook!!!

**Wednesdays at 10:15 -11:15 AM:** \$ Line Dance Lessons - Advanced Class

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

**1st & 3rd Thursday at 10:00 AM:** Senior Chorus **SENIOR CHORUS WILL BE TAKING A SUMMER BREAK IN JULY & AUGUST!!!!!!!!!!!!**

**Thursdays at 1:00 PM :** Pegs & Jokers

**2nd Thursday at 11 AM:** Crime Prevention with Dept. O'Leary

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

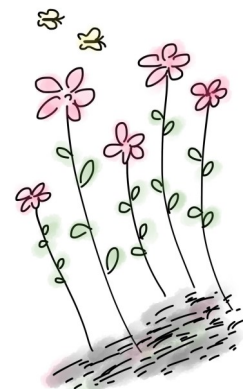
#### Information for Services, Referrals & Assistance

##### 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



# JUNE 2025



Mon	Tue	Wed	Thu	Fri
<b>2</b> 9 Walking to Music 10 Quarter Bingo 11 Partners Health 10 Color-Time/Puzzle 11:30 Lunch 12 Flexercise/Cardio Drumming 1 Rook for Beginners	<b>3</b> <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 10 Quilting 11:30 Lunch 6 Yadkin Historic Society	<b>4</b> 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook	<b>5</b> 9 Walking to Music 10 Color-time/ Puzzle 11 Senior Chorus 11:30 Lunch 1 Pegs & Jokers	<b>6</b> 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
<b>9</b> 9 Walking to Music 10 Quarter Bingo 10 Color-Time/Puzzle 11:30 Lunch 12 Flexercise/Cardio Drumming 1 Rook for Beginners 6 Bee Keepers	<b>10</b> <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 10 Quilting 11:30 Lunch 5 Widow / Widower Support Supper	<b>11</b> 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook	<b>12</b> 9 Walking to Music 10 Color-time/ Puzzle 11 Crime Prevention with Dept. O'Leary 11:30 Lunch 1 Pegs & Jokers	<b>13</b> 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
<b>16</b> 9 Walking to Music 10 Quarter Bingo 10 Color-time/ Puzzle 11:30 Lunch 12 Flexercise/Cardio Drumming 1 Rook for Beginners	<b>17</b> <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 10 Quilting 11:30 Lunch	<b>18</b> 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook	<b>19</b> 9 Walking to Music 10 Color-time/ Puzzle 11 Senior Chorus 11:30 Lunch 1 Pegs & Jokers	<b>20</b> 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
<b>23</b> 9 Walking to Music 10 Quarter Bingo 10 Color-time/ Puzzle 11:30 Lunch 12 Flexercise/Cardio Drumming 1 Rook for Beginners	<b>24</b> <b>Homebound Meal Deliveries</b> 9 Walking to Music 10 Color-time/ Puzzle 10 Quilting 11:30 Lunch 5 Senior Supper	<b>25</b> 9 Walking to Music 10 Color-time/ Puzzle 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook	<b>26</b> 9 Walking to Music 10 Color-time/ Puzzle 11:30 Lunch 1 Pegs & Jokers	<b>27</b> 9 Walking to Music 10 Color-time/ Puzzle 10-11 Trivia Bingo 11:30 Lunch
<b>30</b> 9 Walking to Music 10 Quarter Bingo 10 Color-time/ Puzzle 11:30 Lunch 12 Flexercise/Cardio Drumming 1 Rook for Beginners			<b>Drop-In Activities Available</b>	Checkers Jigsaw Puzzles Exercise Room Word Search Card Games Puzzle Exchange Ipads & Tablets Book, DVDs & CDs Exchange

**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.