



YADKIN COUNTY SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

June 2026

What's Happening...

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

Refrigerator Fundraiser Ongoing!!

Facebook Live Virtual Events and In-Person Activities

Mondays!

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

Mondays at 12 PM: Flexercise

Mondays at 12 Cardio Drumming

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!

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
Meal will be provided. Please call to sign up, so I have an idea of how much food we need.

4th Tuesday of the month at 5:00 PM: Senior Supper

Senior Suppers will be Potluck or small fee. ***You must sign up for these meals at least one week before the event. Please call to ask if it will be a potluck or if you need to make a donation toward the meal.*** (336) 679-3596

Wednesdays!

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

Thursdays!

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

Thursdays at 1:00 PM : Pegs & Jokers

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

Fridays!

Fridays 8-12 Blood Pressure Checks

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

June 14th: Flag Day

June 19th: Juneteenth

June 21st: Father's Day

Information for Services, Referrals & Assistance Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- 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
- Legal 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



1 9 Walking to Music 10 Quarter Bingo 10 Color-Time 10 Puzzles 11 Partner's Health 11:30 Lunch 12 Flexercise 12 Cardio Drumming 1 Rook for Beginners Exercise Room	2 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 6 Yadkin Historic Society Exercise Room	3 9 Walking to Music 10 Color-time 10 Puzzles 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook Exercise Room	4 9 Walking to Music 10 Color-time 10 Puzzles 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers Exercise Room	5 8-12 Blood Pressure Checks 9 Walking to Music 10 Color-time 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch Exercise Room
8 9 Walking to Music 10 Quarter Bingo 10 Color-Time 10 Puzzles 11:30 Lunch 12 Flexercise 12 Cardio Drumming 1 Rook for Beginners Exercise Room	9 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 5 Widow/Widower Support Supper Exercise Room	10 9 Walking to Music 10 Color-time 10 Puzzles 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook Exercise Room	11 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 11 Crime Prevention with Dept. O'Lear 1 Pegs & Jokers Exercise Room	12 8-12 Blood Pressure Checks 9 Walking to Music 10 Color-time/ 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch Exercise Room
15 9 Walking to Music 10 Quarter Bingo 10 Color-time 10 Puzzles 11:30 Lunch 12 Flexercise 12 Cardio Drumming 1 Rook for Beginners 6 Bee Keepers Exercise Room	16 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch Exercise Room	17 9 Walking to Music 10 Color-time 10 Puzzles 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook Exercise Room	18 9 Walking to Music 10 Color-time/ 10 Puzzles 10 Senior Chorus 11:30 Lunch 1 Pegs & Jokers Exercise Room	19 8-12 Blood Pressure Checks 9 Walking to Music 10 Color-time 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch Exercise Room
22 9 Walking to Music 10 Quarter Bingo 10 Color-Time 10 Puzzles 11 Partner's Health 11:30 Lunch 12 Flexercise 12 Cardio Drumming 1 Rook for Beginners Exercise Room	23 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 5 Senior Supper Exercise Room	24 9 Walking to Music 10 Color-time 10 Puzzles 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook Exercise Room	25 Exercise Room 9 Walking to Music 10 Color-time/ 10 Puzzles 11:30 Lunch 1 Pegs & Jokers	26 8-12 Blood Pressure Checks 9 Walking to Music 10 Color-time/ 10Puzzles 10-11 Trivia Bingo 11:30 Lunch Exercise Room
29 Exercise Room 9 Walking to Music 10 Quarter Bingo 10 Color-Time 10 Puzzles 11 Partner's Health 11:30 Lunch 12 Flexercise 12 Cardio Drumming 1 Rook for Beginners	30 Exercise Room Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch		 	Drop-In Activities Available: Checkers 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.

Lori Moore, Manager • (336) 679-3596