



# YADKIN COUNTY SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

July 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 AM-11:00 AM:** Quarter Bingo (bring your quarters)

**Mondays at 12 PM:** Flexercise or 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 *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 10am to 10:15am

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

##### Thursdays!

**1st & 3rd Thursday at 10:00 AM:** Senior Chorus **NO CHORUS FOR JULY & AUGUST!! SUMMER BREAK**

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

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

##### Fridays!

**Fridays 8:00 AM-9:45 AM** Blood Pressure Checks

**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
- 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



# July 2026

Mon	Tue	Wed	Thu	Fri
 	<b>Drop-in activities:</b> Checkers Exercise Room Word Search Card Games Puzzle Exchange I pads & Tablets Book, DVDs & CDs Exchange	1 Exercise Room 9 Walking to Music 10 Color-time 10 Puzzles 10 Advanced LD 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook	2 Exercise Room 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 1 Pegs & Jokers	3 CLOSED 
6 Exercise Room 9 Walking to Music 10 Quarter Bingo 10 Color-Time 10 Puzzles 11 Partners Health 11:30 Lunch 12 Flexercise or 12 Cardio Drummong 1 Rook for Beginners	7 Exercise Room Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 6 Yadkin Historic Society	8 Exercise Room 9 Walking to Music 10 Color-time 10 Puzzles 10 Advanced LD 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook	9 Exercise Room 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch <b>11 Crime Prevention with:</b> Deputy O"Leary, in-person & virtual 1 Pegs & Jokers	10 Exercise Room 8-9:45am Blood Pressure Checks 9 Walking to Music 10 Color-time/ 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch
13 Exercise Room 9 Walking to Music 10 Quarter Bingo 10 Color-time 10 Puzzles 11:30 Lunch 12 Flexercise or Cardio Drumming 1 Rook for Beginners 6 Bee Keepers	14 Exercise Room Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 5 Widow/Widower Support Supper	15 Exercise Room 9 Walking to Music 10 Color-time 10 Puzzles 10 Advanced LD 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook	16 Exercise Room 9 Walking to Music 10 Color-time/ 10 Puzzles 11:30 Lunch 1 Pegs & Jokers	17 Exercise Room 8-9:45 Blood Pressure Checks 9 Walking to Music 10 Color-time 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch
20 Exercise Room 9 Walking to Music 10 Quarter Bingo 10 Color-Time 10 Puzzles 11:30 Lunch 12 Flexercise or Cardio Drumming 1 Rook for Beginners	21 Exercise Room Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch	22 Exercise Room 9 Walking to Music 10 Color-time 10 Puzzles 10 Advanced LD 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook	23 Exercise Room 9 Walking to Music 10 Color-time/ 10 Puzzles 11:30 Lunch 1 Pegs & Jokers	24 Exercise Room 8-9:45 Blood Pressure Checks 9 Walking to Music 10 Color-time/ 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch
27 Exercise Room 9 Walking to Music 10 Quarter Bingo 10 Color-Time 10 Puzzles 11:30 Lunch 12 Flexercise or 12 Cardio Drumming 1 Rook for Beginners	28 Exercise Room Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 5 Senior Supper	29 Exercise Room 9 Walking to Music 10 Color-time 10 Puzzles 10 Advanced LD 10:15 Line Dance Lessons \$ 11:30 Lunch 12-1 Corn Hole 2 Rook	30 Exercise Room 9 Walking to Music 10 Color-time/ 10 Puzzles 11:30 Lunch 1 Pegs & Jokers	31 Exercise Room 8-9:45 Blood Pressure Checks 9 Walking to Music 10 Color-time/ 10 Puzzles 10-11 Trivia 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.