



# 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 PM:** 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 14<sup>th</sup>: Flag Day

June 19<sup>th</sup>: Juneteenth

June 21<sup>st</sup>: 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



# June 2026

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>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</p>	<p>2</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch <b>6 Yadkin Historic Society</b> Exercise Room</p>	<p>3</p> <p>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</p>	<p>4</p> <p>9 Walking to Music 10 Color-time 10 Puzzles <b>10 Senior Chorus</b> 11:30 Lunch 1 Pegs &amp; Jokers  Exercise Room</p>	<p>5</p> <p>8-12 Blood Pressure Checks 9 Walking to Music 10 Color-time 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch Exercise Room</p>
<p>8</p> <p>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</p>	<p>9</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch <b>5 Widow/Widower Support Supper</b> Exercise Room</p>	<p>10</p> <p>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</p>	<p>11</p> <p>9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch <b>11 Crime Prevention with Dept. O'Lear</b> 1 Pegs &amp; Jokers Exercise Room</p>	<p>12</p> <p>8-12 Blood Pressure Checks 9 Walking to Music 10 Color-time/ 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch Exercise Room</p>
<p>15</p> <p>9 Walking to Music 10 Quarter Bingo 10 Color-time 10 Puzzles 11:30 Lunch 12 Flexercise 12 Cardio Drumming 1 Rook for Beginners <b>6 Bee Keepers</b> Exercise Room</p>	<p>16</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch Exercise Room</p>	<p>17</p> <p>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</p>	<p>18</p> <p>9 Walking to Music 10 Color-time/ 10 Puzzles <b>10 Senior Chorus</b> 11:30 Lunch 1 Pegs &amp; Jokers Exercise Room</p>	<p>19</p> <p>8-12 Blood Pressure Checks 9 Walking to Music 10 Color-time 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch Exercise Room</p>
<p>22</p> <p>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</p>	<p>23</p> <p>Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch <b>5 Senior Supper</b> Exercise Room</p>	<p>24</p> <p>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</p>	<p>25</p> <p>Exercise Room 9 Walking to Music 10 Color-time/ 10 Puzzles 11:30 Lunch 1 Pegs &amp; Jokers</p>	<p>26</p> <p>8-12 Blood Pressure Checks 9 Walking to Music 10 Color-time/ 10Puzzles 10-11 Trivia Bingo 11:30 Lunch Exercise Room</p>
<p>29</p> <p>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</p>	<p>30</p> <p>Exercise Room Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch</p>		 <p style="text-align: center;"> "like" us on <b>facebook</b></p>	<p>Drop-In Activities Available:</p> <ul style="list-style-type: none"> <li>Checkers</li> <li>Exercise Room</li> <li>Word Search</li> <li>Card Games</li> <li>Puzzle Exchange</li> <li>Ipads &amp; Tablets</li> <li>Book, DVDs &amp; CDs</li> <li>Exchange</li> </ul>

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.