



YADKIN COUNTY SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

August 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 12:00 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 2:00 PM to 4:00 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 AUGUST!! SUMMER BREAK**

Thursdays at 1:00 PM: Pegs & Jokers

2nd Thursday at 11:00 AM: Crime Prevention with Dept. O'Leary in person and virtual.

Fridays!

Fridays 8:00-9:00 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



August 2026

Mon	Tue	Wed	Thu	Fri
3 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	4 Exercise Room Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 6 Yadkin Historic Society	5 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	6 Exercise Room 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 1 Pegs & Jokers	7 Exercise Room 8-9am Blood Pressure Checks 9 Walking to Music 10 Color-time/ 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch
10 Exercise Room 9 Walking to Music 10 Quarter Bingo 10 Color-Time 10 Puzzles 11:30 Lunch 12 Flexercise or 12 Cardio Drummong 1 Rook for Beginners 6 Bee Keepers	11 Exercise Room Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 5 Widow/Widower Support Supper	12 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	13 Exercise Room 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 11 Crime Prevention with: Deputy O"Leary, in-person & virtual 1 Pegs & Jokers	14 Exercise Room 8-9am Blood Pressure Checks 9 Walking to Music 10 Color-time/ 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch
17 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	18 Exercise Room Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch	19 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	20 Exercise Room 9 Walking to Music 10 Color-time/ 10 Puzzles 11:30 Lunch 1 Pegs & Jokers	21 Exercise Room 8-9am Blood Pressure Checks 9 Walking to Music 10 Color-time 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch
24 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	25 Exercise Room Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 5 Senior Supper	26 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	27 Exercise Room 9 Walking to Music 10 Color-time/ 10 Puzzles 11:30 Lunch 1 Pegs & Jokers	28 Exercise Room 8-9am Blood Pressure Checks 9 Walking to Music 10 Color-time/ 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch
31 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			Drop-in activities: Checkers Exercise Room Word Search Card Games Puzzle Exchange Ipads & Tablets Book, DVDs & CDs Exchange	 facebook

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.