



YADKIN COUNTY SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

September 2026

What's Happening...

We have N95 masks available at the center while supplies last

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 AM to 10:15 AM: Line Dance Advanced Class \$

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

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

Fridays!

Fridays at 8:00-9:00 AM: Blood Pressure Checks

Fridays at 9 AM: Book Swap

Fridays at 10 AM: Dominoes

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



September 2026

Mon	Tue	Wed	Thu	Fri
	1 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 6 Yadkin Historic Society	2 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	3 9 Walking to Music 10 Senior Chorus 10 Color-time 10 Puzzles 11:30 Lunch 1 Pegs & Jokers	4 8 Blood Pressure Checks 9 Walking to Music 9 Book Swap 10 Dominoes 10 Color-time/ 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch
7 CLOSED 	8 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 5 Widow/Widower Support Supper	9 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	10 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 11:45 Crime Prevention with: Deputy O'Leary, in-person & virtual 1 Pegs & Jokers	11 8 Blood Pressure Checks 9 Walking to Music 9 Book Swap 10 Dominoes 10 Color-time/ 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch
14 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 6 Bee Keepers	15 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch	16 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	17 9 Walking to Music 10 Senior Chorus 10 Color-time/ 10 Puzzles 11:30 Lunch 1 Pegs & Jokers	18 8 Blood Pressure Checks 9 Walking to Music 9 Book Swap 10 Dominoes 10 Color-time 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch
21 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	22 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch 5 Senior Supper	23 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	24 9 Walking to Music 10 Color-time/ 10 Puzzles 11:30 Lunch 1 Pegs & Jokers	25 8 Blood Pressure Checks 9 Walking to Music 9 Book Swap 10 Dominoes 10 Color-time/ 10 Puzzles 10-11 Trivia Bingo 11:30 Lunch
28 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	29 Homebound Meal Deliveries 9 Walking to Music 10 Color-time 10 Puzzles 11:30 Lunch	30 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	Drop-in activities: 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.