



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2016

Important Announcements:

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September 12th at 5:00pm

Family Supper

Door prizes and the speaker is Sue Blaylock
Every one is invited

September 27th at 11:00

Suicide Prevention Awareness “LET”S TALK ABOUT IT”

Presenter: Debra Rochelle with Smoky Mountain LME/MCO

Learn to Weaving - Every Tuesday with instructor Mary Freas

Come and see how weaving was done on looms that are over one hundred years old. Mary has over 25+ years as a weaver on Inkle, Harness table, Rigid Heddle and a Large 4- Harness Loom. Her plan is to have available a variety of looms so that the beginning weaver can learn how they work and make a better decision if he/she decides to purchase a loom at some point.



Pickleball

Frank Gall is ready to start pickleball back in the fall, come out and learn this fun game and enjoy to senior center and learn what is the senior center has going on.

HIGH ENERGY CANDY

- 1/2 cup honey
- 1/2 cup peanut butter
- 1 1/2 cup dry milk
- Raisins
- Nuts

Mix together & kneed, shape into balls. Roll in nuts & raisins

Information and Referral

- Fitness Health Promotion
- Senior Games
- Family Support Groups
- Transportation Medical/General
- Caregivers Classes
- Energy Assistance
- Home Repair/ Modification
- Medicaid/Medicare Benefits
- Job Training Placement
- Telephone Reassurance
- Disaster Services
- Long-term Care Facilities
- Rehabilitation Services
- Durable Medical Equipment Asst. Device
- Health Screenings
- Food Distribution
- Tax Preparation Counseling
- Legal Services
- Respite Housing
- Adult Day Care/Day Health
- Reverse Mortgage Counseling
- Home Health Services
- In-home Aide Services
- Hospice Care
- Social Security Benefits
- Community Mental Health
- Congregate/Home Delivered Meals
- Insurance Counseling SHIIP
- Report Suspected Abuse, Neglect or Exploitation



Our Newsletter can be found on the YVEDDI website. Click on the senior center tab then arrow down to senior center of your choice There you will find the latest newsletter, you can also like us on FACEBOOK.

SEPTEMBER 2016

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|--|---|
|   | <p>Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.</p> | | <p>1</p> <p>9 Sewing 10 Bingo 11 2 Cards</p> | <p>2</p> <p>10 Tribune News 11 Trivia w/ Alice 1:30 Aquatic Class 6:00 Art Party w/ Jan</p> |
| <p>5</p> <p>CLOSED Labor Day</p> | <p>6</p> <p>10:30 Exercise 11 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p> | <p>7</p> <p>10 Pickleball 10 Bingo 11 Exercise w/YVHH 12:30 Prayer Shawls</p> | <p>8</p> <p>9 Sewing 10 Bingo 11 Robin Carter Surry Bank & Trust 2 Cards 7:30 Yadkin Valley Trail Riders</p> | <p>9</p> <p>10 Tribune News 11 D-Rex Pharmacy 1:30 Aquatic Class</p> |
| <p>12</p> <p>10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging 5:00 Family Supper</p> | <p>13</p> <p>10:30 Exercise 11 B/P Check / Nutrition Marely Wells 2:30-4:30 Weaving 5:00 Weight Watchers 5:00 Pot Luck Dinner 6:30 Beginner Shag 1</p> | <p>14</p> <p>10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawls</p> | <p>15</p> <p>9 Sewing 10 Bingo 11 Exercise 2 Cards 5:30 Jonesville Historical Society Meeting</p> | <p>16</p> <p>10 Tribune News 1:30 Aquatic Class</p> |
| <p>19</p> <p>10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p> | <p>20</p> <p>10:30 Exercise 11 B/P Check 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p> | <p>21</p> <p>10 Bingo 10 Pickleball 11 Exercise w/YVHH 11:30 John Brice 12:30 Prayer Shawl</p> | <p>22</p> <p>9 Sewing 10 Bingo 11 Bill Band 2 Cards</p> | <p>23</p> <p>10 Tribune News 11 D-Rex Pharmacy 1:30 Aquatic Class</p> |
| <p>26</p> <p>10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p> | <p>27</p> <p>10:30 Exercise 11 B/P Check / Smokey Mt LME 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1</p> | <p>28</p> <p>10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawl</p> | <p>29</p> <p>9 Sewing 10 Bingo 11 Allison Brown 2 Cards</p> | <p>30</p> <p>10 Tribune News 11 D-Rex Pharmacy 1:30 Aquatic Class</p> |

Mission Statement: "To improve or maintain independent wellness for the older adult through advocacy and vigorous programming."