

YADKIN VALLEY SENIOR CENTER

THE VOICE: ISSUE 3



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YADKIN VALLEY ECONOMIC
DEVELOPMENT DISTRICT, INC.

A North Carolina Senior Center of Excellence

July 2014

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
Report Suspected Abuse, Neglect or Exploitation



Important Announcements

July 2nd - 4th of July Party: includes games, food, and door prizes! Party starts at 10:45.

July 4th: CLOSED FOR HOLIDAY

July 7th - Veteran Services: Join Chuck Knight as he discusses benefits offered to Veterans starting at 11:30 a.m.

July 9th– Fraud Presentation: Barbara Bennett from the NC Secretary of State Securities Division will present crucial information regarding frauds in our local area. This is a presentation you do not want to miss. Starts at 11:30 a.m.

July 15th: CLOSED FOR VOTING

July 21st– David Simms with United Health Care: Call 336-466-1299 to make an appointment. Mr. Simms will be at the center from 8 a.m. to 12 noon.

July 24th– Deputy Sharon Diaz Crime Prevention: This is another presentation you do not want to miss. Deputy Diaz will discuss ways to better protect yourself from local crimes. Starts at 11:00 a.m.

July 25th

Representatives from Hugh Chatham Hospital will be available to do Stroke Screenings AT NO COST TO YOU. The screenings will begin at 10:00 a.m.

After the screenings, there will be a Stroke Prevention Class at 11:30 a.m.



July 2014



Monday

Lunch served Monday-Friday at 11:30 a.m. for ages 60 and older.

Registration required.

See Nutrition Site Manager, Tracey Anderson, to pre-registered.

7
11:30 Veteran Services w/ Chuck Knight
11:30 Lunch
12:30 Quilting
12:30 Bible Study

14
10:30 Safety Class w/ Peggy
11:30 Lunch
12:30 Quilting

21
8-12: David Simms w/ United Health Care
11:30 Lunch
12:30 Quilting

28
11:00: Birthday Party
11:30 Lunch
11:30 Nutrition Class w/ Peggy
12:30 Quilting

Tuesday

1
8:00 Best Value Hearing Screenings
10:30 Blood Pressure Checks
10:30 Aerobic Exercise
11:30 Lunch
11:30 Mountain Valley Hospice Presentation

8
10:30 Aerobic Exercise
10:30 Blood Pressure Checks
11:30 Lunch
11:30 D-Rex Presentation
5:00 Senior Supper

15
CLOSED FOR VOTING



22
10:30 Blood Pressure Checks
10:30 Aerobic Exercise
11:00 Yadkin Valley Home Health "Fall & Back Safety" Presentation
11:30 Lunch

29
10:30 Blood Pressure Checks
10:30 Aerobic Exercise
11:00: Circle K Fitness w/ Ruth Eddleman
11:30 Lunch

Wednesday

2
10:00 Pickle-Ball
10:00 Bingo
11:00 4th of July Party
11:30 Lunch
12:30 Prayer Shawls

9
10:00 Pickle-Ball
10:00 Bingo
11:00 Fraud Presentation w/ NC Dept. of Securities
11:30 Lunch
12:30 Prayer Shawls

16
10:00 Pickle-Ball
10:00 Bingo
11:00 Simpson Family Concert
11:30 Lunch
12:30 Prayer Shawls

23
10:00 Pickle-Ball
10:00 Bingo
11:00 "Better Choice" Nutrition Class w/ Marilyn Wells
11:30 Lunch
12:30 Prayer Shawls

30
10:00 Pickle-Ball
10:00 Bingo
11:00 History of Yadkinville w/ Andrew Mackie
11:30 Lunch
12:30 Prayer Shawls

Thursday

3
9:00 Sewing
10:00 Bingo
11:00 "Better Choice" Nutrition Class w/ Marilyn Wells
11:30 Lunch

10
9:00 Sewing
10:00 Bingo
11:00 "Better Choice" Nutrition Class w/ Marilyn Wells
11:30 Lunch

17
9:00 Sewing
9:00 Scrapbooking
10:00 Bingo
11:30 Sleep Seminar w/ Dr. Kriska
11:30 Lunch
5:30 Historical Society Meeting
6:00-8:00pm Dance at East Bend Senior Center

24
9:00 Sewing
10:00 Bingo
11:00 Dep. Sharon Diaz w/ Yadkin County Sheriff Office-Presentation on Crime Prevention
11:30 Lunch

31
9:00 Sewing
10:00 Bingo
11:00 "Better Choice" Nutrition Class w/ Marilyn Wells
11:30 Lunch

Friday

4
CLOSED FOR HOLIDAY



11
10:30 Trivia w/ Alice
11:30 Lunch

18
10:30 Friends of Bill Band
11:30 Lunch

25
10:00 Hugh Chatham Stroke Screening
11:00 Stroke Prevention Class
11:30 Lunch

Don't forget! The fitness room is open! It is free to use from 8:00-4:30. Donations are accepted.



Mission Statement: "To Enhance the Quality of life for Older Adults"

