

YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

April 2016

Important Announcements:

Art Party with Jan – First Friday of each month beginning April 1st at 6 PM at the Yadkin Valley Senior Center. Open to the public. \$35 registration fee includes all materials needed. Registration is required before the day of the art party.

Tuesday, April 5th at 11:00 –Advanced Directives

WHAT ARE THEY AND WHAT DO I NEED TO KNOW?

All adults can benefit from thinking about what their healthcare choices would be if they are unable to speak for themselves. Attend this free informational seminar and learn the importance of:

- Healthcare Power of Attorney
- Living Wills
- Durable Power of Attorney
- MOST (Medical Orders for Scope of Treatment)

In partnership with Mountain Valley Hospice and Palliative Care

Questions about Medicare?

SHIIP can help!

Call 1-800-443-9354

One on One Insurance Counseling is available at the Senior Center through SHIIP upon request. The Senior Center can assist with making these appointments.

The Ark will be having a BINGO fundraiser at the Yadkin Valley Senior Center on Friday, April 15th. Doors open at 5:30 PM. Bingo starts at 6:30 PM. Call 336-527-1637 for more information.

April 29th 10:00 AM
Yadkin Valley Senior Games Opening
Ceremony Surry Community College

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



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 newsletters you can also like YVEDDI on FACEBOOK.

April 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>Registration for Yadkin Valley Senior Games is open. Get your registration form at the senior center.</p>			<p>1 10 Tribune News 11 Trivia w/ Alice 1:30 Aquatic Class 6:00 Art Party w/ Jan</p>
<p>4 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p>	<p>5 8:00 Hearing Screening 10:30 Exercise 11 Mountain Valley Hospice-Advanced Directive 2:30-4:30 Weaving 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p>	<p>6 10 Pickleball 10 Bingo 11 Exercise w/YVHH 12:30 Prayer Shawls</p>	<p>7 9 Sewing 10 Bingo 2 Cards 7:30 Yadkin Valley Trail Riders</p>	<p>8 10 Tribune News 11 D-Rex Pharmacy 1:30 Aquatic Class</p>
<p>11 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p>	<p>12 10:30 Exercise 11 B/P Check 2:30-4:30 Weaving 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p>	<p>13 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawls</p>	<p>14 9 Sewing 10 Bingo 11 Pruet Home Health 2 Cards 5:30 Jonesville Historical Society Meeting</p>	<p>15 10 Tribune News 1:30 Aquatic Class</p> 
<p>18 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p>	<p>19 10:30 Exercise 11 B/P Check 12:30 Art Class 2:30-4:30 Weaving 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p>	<p>20 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawl</p>	<p>21 9 Sewing 10 Bingo 11 Sharon Diaz-Crime Prevention 2 Cards</p>	<p>16 10 Tribune News 11 D-Rex Pharmacy 1:30 Aquatic Class</p>
<p>25 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p>	<p>26 10:30 Exercise 11 B/P Check 2:30-4:30 Weaving 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p>	<p>27 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawls</p>	<p>28 9 Sewing 10 Bingo 11 Friends of Bill Band 2 Cards</p>	<p>29 Yadkin Valley Senior Games Opening Ceremony Surry Community College 10:00 a.m. 10 Tribune News 1:30 Aquatic Class</p>

Mission Statement: "To improve or maintain independent wellness for the older