YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

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

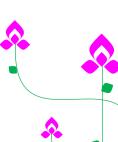
Questions about Medicare? SHIIP can help!

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 Heath 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

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Mon	Tue	Wed	Thu	Fri
Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.	Registration for Yadkin Valley Senior Games is open. Get your registration form at the senior center.	Yadkin Country AttAta AttAta AttAta United Fund	VERTIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.	1 10 Tribune News 11 Trivia w/ Alice 1:30 Aquatic Class 6:00 Art Party w/ Jan
4 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging	5 8:00 Hearing Screening 10:30 Exercise 11 Mountain Valley Hos- pice-Advanced Directive 2:30-4:30 Weaving 6:30 Beginner Shag 1 7:45 Beginner Shag 2	6 10 Pickleball 10 Bingo 11 Exercise w/YVHH 12:30 Prayer Shawls	7 9 Sewing 10 Bingo 2 Cards 7:30 Yadkin Valley Trail Riders	8 10 Tribune News 11 D-Rex Pharmacy 1:30 Aquatic Class
11 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging	12 10:30 Exercise 11 B/P Check 2:30-4:30 Weaving 6:30 Beginner Shag 1 7:45 Beginner Shag 2	13 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawls	14 9 Sewing 10 Bingo 11 Pruett Home Health 2 Cards 5:30 Jonesville Historical Society Meeting	15 10 Tribune News 1:30 Aquatic Class
18 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging	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	20 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawl	21 9 Sewing 10 Bingo 11 Sharon Diaz-Crime Prevention 2 Cards	16 10 Tribune News 11 D-Rex Pharmacy 1:30 Aquatic Class
25 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging	26 10:30 Exercise 11 B/P Check 2:30-4:30 Weaving 6:30 Beginner Shag 1 7:45 Beginner Shag 2	27 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawls	28 9 Sewing 10 Bingo 11 Friends of Bill Band 2 Cards	29 Yadkin Valley Senior Games Opening Ceremony Surry Community College 10:00 a.m. 10 Tribune News 1:30 Aquatic Class

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