



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS

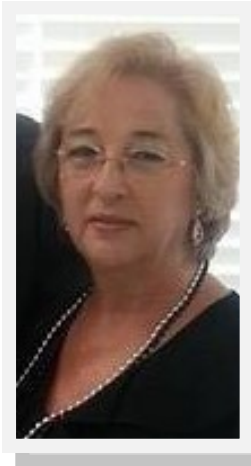


A North Carolina Senior Center of Excellence

August 2016

Important Announcements:

Congratulations!



Gilda Pruitt has been named the Yadkin Valley Senior Center Director.

Gilda was the former RSVP Director and has been employed with YVEDDI since Oct. 9, 2000.

Jane Surratt (former Yadkin Valley Senior Center Director) has transferred to the Surry County Senior Center.

Congratulations to you both!

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

A NOTE FROM JANE

Although my time as director of the Yadkin Valley Senior Center was short, the friendships that I made and the experience that I gained will remain with me forever. Thank you all for making my time as director here so enjoyable, and yes, even life changing. The experience has had a positive effect on my life. I will not forget you.

Starting August 8th

A Pot Luck Dinner will be held the 2nd Monday of each month at 5:00 PM at the Yadkin Valley Senior Center.



Guests are asked to bring a dish of food to share with friends, such as a casserole or dessert. (The Center will provide drinks)

We now have an Assisted Listening Device (ALD).

This amplification device can help you communicate more effectively as well as improve hearing at a distance. ALD's can be used with or without hearing aids. This device is available to use during programs when we may have a guest speaker presenting. Used during center programming only. See Gilda for assistance.



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 us on FACEBOOK.

August 2016

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p>	<p>2</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>3</p> <p>10 Pickleball 10 Bingo 11 Exercise w/YVHH 12:30 Prayer Shawls</p>	<p>4</p> <p>9 Sewing 10 Bingo 11 2 Cards</p>	<p>5</p> <p>10 Tribune News 11 Trivia w/ Alice 1:30 Aquatic Class 6:00 Art Party w/ Jan</p>
<p>8</p> <p>10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging 5:00 Pot Luck Dinner</p>	<p>9</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>10</p> <p>10 Pickleball 10 Bingo 11 Exercise w/YVHH 12:30 Prayer Shawls</p>	<p>11</p> <p>9 Sewing 10 Bingo 2 Cards 7:30 Yadkin Valley Trail Riders</p>	<p>12</p> <p>10 Tribune News 11 D-Rex Pharmacy 1:30 Aquatic Class</p>
<p>15</p> <p>10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p>	<p>16</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>17</p> <p>10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawls</p>	<p>18</p> <p>9 Sewing 10 Bingo 11 2 Cards 5:30 Jonesville Historical Society Meeting</p>	<p>19</p> <p>10 Tribune News 1:30 Aquatic Class</p>
<p>22</p> <p>10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p>	<p>23</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>24</p> <p>10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawl</p>	<p>25</p> <p>9 Sewing 10 Bingo 11 2 Cards</p>	<p>26</p> <p>10 Tribune News 11 D-Rex Pharmacy 1:30 Aquatic Class</p>
<p>29</p> <p>10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p>	<p>30</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>31</p> <p>10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawl</p>		<p>Lunch is served daily at 11:30 AM for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.</p>

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