



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

December 2016

Important Announcements:



HOLLY JOLLY CHRISTMAS DINNER SHOW tickets are on sale now!

The dinner show will be held on December 8th 2016, from 5:00 pm to 8:00 pm at Surry Community College in Yadkinville.

Tickets are \$10.00 per person (NO CARRY OUTS).

Must have a ticket to enter and must be present to win DOOR PRIZES.

Tickets can be purchased at all three Yadkin County centers (last day to purchase is December 6th.)

Come and enjoy the entertainment by Patsy Cline and Dolly Parton (doppelgangers).

Start your New Year out with us...

We offer: Prayer Shawls, Trivia w/ Alice, Hearing Test, Dancing, Art, Pickle-Ball, Exercise, Line Dancing, Quilting, Weaving, Beginner Shag 1 and Beginner Shag 2 and Bingo twice weekly.

Tuesdays at 5:00 pm—Weight Watchers Meeting

If you are 60+ years old the senior center will pay for your enrollment into Weight Watchers.

A Matter of Balance (MOB) Class—This class is designed to reduce the fear of falling, stop the fear of falling cycle, and improve activity levels. Our first class begins on January 9th at noon.

The Yadkin Valley Senior Center will be closed from December 23 through January 2, 2017.

We wish you and your family a Safe and Happy Holiday season.



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 newsletter, you can also like us on FACEBOOK.

DECEMBER 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 9 Sewing 10 Scrapbooking 10 Bingo 11 2 Cards</p>	<p>2 10 Tribune News 11 Trivia w/ Alice 1:30 Aquatic Class 6:00 Art Party w/ Jan</p>
<p>5 10 Line Dancing 11 Matter of Balance 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p>	<p>6 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 10 Pickleball 10 Bingo 11 Exercise w/YVHH 12:30 Prayer Shawls Last day to change Medicare plans</p>	<p>8 9 Sewing 10 Bingo 2 Cards 7:30 Yadkin Valley Trail Riders</p>	<p>9 10 Tribune News Trivia w/ Alice 11 D-Rex Pharmacy 1:30 Aquatic Class</p>
<p>12 10 Line Dancing 11 Quilting 1:30 Aquatic Class 1:30 Look Good Feel Better 5:00 Clogging</p>	<p>13 10:30 Exercise 11 B/P Check 2:30-4:30 Weaving 5:00 Weight Watchers 5:00 Pot Luck Dinner 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p>	<p>14 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawls</p>	<p>15 9 Sewing 10 Bingo 11 Deputy Diaz 2 Cards 5:30 Jonesville Historical Society Meeting</p>	<p>16 10 Tribune News 11 Trivia w/ Alice 1:30 Aquatic Class</p>
<p>19 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p>	<p>20 10:30 Exercise 11 B/P Check 12:30 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p>	<p>21 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawl</p>	<p>22 9 Sewing 10 Bingo 11 2 Cards</p>	<p>23 CLOSED Christmas Holiday</p>
<p>26 CLOSED Christmas Holiday</p>	<p>27 CLOSED Christmas Holiday</p>	<p>28 CLOSED Christmas Holiday</p>	<p>27 CLOSED Christmas Holiday</p>	<p>30 CLOSED Christmas Holiday</p>

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