

YADKIN VALLEY SENIOR CENTER

HAPPY HOLIDAYS



YVEDDI
YADKIN VALLEY ECONOMIC
DEVELOPMENT DISTRICT, INC.

A North Carolina Senior Center of Excellence

December 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



Important Announcements

TRIP to Christmas Play in Mt. Airy & Christmas Caroling in Elkin December 11: We will be traveling to Mt. Airy to see a play hosted by the Surry County Senior Center and we will make two stops on the way to Christmas carol at two nursing facilities in Elkin.

Starmount High School Chorus Concert December 16: Join us at 10:00 AM for a Christmas Concert by some talented students from Starmount High School!

Prayer Shawl Dedication/Volunteer Appreciation Supper December 16: We will be celebrating the work of the Prayer Shawl Ministry and recognizing all of the senior center's amazing volunteers. We will have a potluck dinner, so feel free to bring a yummy dish. Prizes and special gifts sponsored by YVEDDI's RSVP Program. 5:00 PM—7:00 PM

Christmas Party December 23: Sponsored by the Yadkin Valley Red Hat Society. Good food, good friends, and good fellowship! All are welcome!

CHRISTMAS PARTY @ THE MOOSE LODGE - FRIDAY, DECEMBER 19th 5-9 p.m.

ADVANCED TICKETS - \$10.00

TICKETS AT THE DOOR \$15.00

Join us as the Yadkin Senior Centers come together to celebrate the Christmas season with fellowship, food, and fun! Dinner will be catered by A Taste of Italy and served at 6:00 p.m. Live Music and lots of door prizes! There will be limited seating—purchase your ticket today! Call Jennifer at 336.526.1087 with any questions.

December 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>11:00 Christmas in Peru 11:00 Quilting 11:30 Lunch 12:30 Bible Study</p>	<p>2</p> <p>8:00 Best Value Hearing Screenings 10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:30 Lunch 11:30 Mountain Valley Hospice Presentation</p>	<p>3</p> <p>10:00 Pickle-Ball 10:00 Bingo 11:00 Arlington Fire Dept. 11:30 Lunch 12:30 Prayer Shawls 12:30 Rook</p>	<p>4</p> <p>9:00 Sewing 10:00 Bingo 11:00 TEACH Home- school Christmas Program 11:30 Lunch 7:30 Yadkin Valley Trail Riders</p>	<p>5</p> <p>11:00 Yadkin Valley Home Health Exercise 11:30 Lunch</p>
<p>8</p> <p>11:00 Christmas in Germany 11:00 Quilting 11:30 Lunch</p>	<p>9</p> <p>10:30 Aerobic Exercise 10:30 Blood Pressure Checks 11:30 Lunch 11:30 D-Rex Presentation</p>	<p>10</p> <p>10:00 Pickle-Ball 10:00 Bingo 11:30 Lunch 12:30 Prayer Shawls 12:30 Rook</p>	<p>11</p> <p>9:00 Sewing 10:00 Bingo 11:30 Lunch 1:00 Book Club Trip to Christmas Play in Mt. Airy and Christmas Caroling in Elkin</p>	<p>12</p> <p>10:30 Gift Wrapping for Seniors with Crissy Prevette 11:30 Lunch</p>
<p>15</p> <p>11:00 "Coping with the Holidays" with Blue Ridge Care Net 11:00 Quilting 11:30 Lunch</p>	<p>16</p> <p>10:00 Starmount High school Chorus Concert 10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:30 Lunch 5:00 Prayer Shawl Dedication/Volunteer Recognition/Senior Supper</p>	<p>17</p> <p>10:00 Pickle-Ball 10:00 Bingo 10:45 Pleasant Hill Daycare Concert 11:30 Lunch 12:30 Prayer Shawls 12:30 Rook</p>	<p>18</p> <p>9:00 Sewing 10:00 Bingo 11:00 Deputy Sharon Diaz—Safety During the Holidays 11:30 Lunch Christmas Dance 5:00 PM-9:00 PM</p>	<p>19</p> <p>10:00 "Keep your Memory Active" with Emily Parks of Hugh Chatham Memorial Hospital 11:30 Lunch</p>
<p>22</p> <p>11:00 Lynn Johnson with Pruitt Home Health 11:00 Quilting 11:30 Lunch</p>	<p>23</p> <p>10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:00 Christmas Party 11:30 Lunch</p>	<p>24</p> <p>CLOSED</p>	<p>25</p> <p>CLOSED</p>	<p>26</p> <p>CLOSED</p>
<p>29</p> <p>11:00 Quilting 11:30 Lunch 11:30 "Preventing Falls" with Joshua Holbrook of Pruitt Home Health</p> <p>Mission Statement:</p>	<p>30</p> <p>10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:00 Christmas Fun</p>	<p>31</p> <p>10:00 Pickle-Ball 10:00 Bingo 11:30 Lunch 12:30 Prayer Shawls 12:30 Rook</p>	 <p>YVEDDI YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.</p> 	<p>Lunch served Monday- Friday at 11:30 a.m. for ages 60 and older.</p> <p>Registration required.</p> <p>See Nutrition Site Manager, Tracey Anderson, to pre-registered.</p>