



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 2017

Important Announcements:



Happy Valentine's Day!

Tuesday, February 14th at 10:30 AM- Valentine's Bingo Party.

Light Refreshments will be served.

The Retired and Senior Volunteer Program is in need of volunteers to deliver lunches to the homebound seniors in Surry and Yadkin Counties. Volunteers will be covered by insurance paid for by the RSVP program and reimbursed for their mileage.

Contact Debra Caudle at (336)526-1087.

Wednesday, February 15th at 1:00pm - Prayer Shawl Dedication

Sunday, February 12th the center will celebrate Black History Month beginning at 3:00 - 5:00pm. Hosted by Yadkin Valley Senior Center, Retired and Senior Volunteer Program and the Jonesville Historical Society.

Thursday, February 16 - The East Bend Senior Center is having a Valentine's Dance

Location: East Bend Senior Center • 473 E. Main Street, East Bend, NC

Tickets are on sale at each senior center in Yadkin County.

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



Lunch is served daily at 11:30 AM for ages 60 & older.

You must be pre-registered.

Contact the Nutrition Site Manager for more information.

INCLEMENT WEATHER POLICY

The Senior Center follows the same inclement weather closings as the Yadkin County School System.



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.

FEBRUARY 2017

Mon	Tue	Wed	Thu	Fri
		1 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawls	2 9 Sewing 10 Scrapbooking 11 Chalk Art 2 Cards	3 10 Tribune News 11 Trivia w/ Alice 1:30 Aquatic Class 6:00 Art Party w/ Jan
6 10 Line Dancing 11 Matter of Balance 11 Quilting 1:30 Aquatic Class 5:00 Clogging	7 8:30 Hearing Testing 10:30 Exercise 11 Mountain Valley Hospice 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2	8 10 Pickleball 10 Bingo 11 Exercise w/YVHH 12:30 Prayer Shawls	9 9 Sewing 2 Cards 7:30 Yadkin Valley Trail Riders	10 10 Tribune News Trivia w/ Alice 11 D-Rex Pharmacy 1:30 Aquatic Class
13 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging	14 10:30 Exercise  11 Valentine Bingo 2:30-4:30 Weaving 5:00 Weight Watchers 5:00 Pot Luck Dinner 6:30 Beginner Shag 1 7:45 Beginner Shag 2	15 10 Bingo 10 Pickleball 11 Exercise w/YVHH 11:30 Heart Month 12:30 Prayer Shawls	16 9 Sewing 11 Deputy Diaz 2 Cards 5:30 Jonesville Historical Society Meeting	17 10 Tribune News 11 Trivia w/ Alice 1:30 Aquatic Class
20 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging	21 10:30 Exercise 11 B/P Check 11 VAYA Health 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2	22 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawl	23 9 Sewing 10 Band 2 Cards	24 10 Tribune News 11 Trivia w/ Alice 1:30 Aquatic Class
27 10 Line Dancing 11 Quilting 1:30 Aquatic Class 1:30 Look Good Feel Better 5:00 Clogging	28 10:30 Exercise 110 Bingo 11:30 SECU Roger Cook 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2			Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.

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