



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2017

Important Announcements:

Happy New Year!

Start your new year out with the Yadkin Valley Senior Center.

Matter of Balance

This class is designed to reduce the fear of falling, stop the fear of falling cycle, and improve activity levels among older adults.

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.

State Employees' Credit Union offers FREE tax preparation through the VITA program. If your 2106 household income was less than \$54,000. Contact your local branch for more details.

The Yadkin Valley Senior Center will be closed for Martin Luther King Day Jan. 16th.

Sweet & Spicy Cocktail Sausage

What you'll need:

- 1 - 16 oz. Pack Hot Dogs or Sausage (cut into quarters)
- 1 1/2 Cups Heinz Ketchup
- 1 1/4 Cup Dark Brown Sugar
- 1 Teaspoon Dijon Mustard
- 1 Tablespoon Texas Pete Hot Sauce

Mix ketchup, brown sugar, mustard, and hot sauce. Add all ingredients to slow cooker and cook on low for 4-5 hours.



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.

JANUARY 2017

Mon	Tue	Wed	Thu	Fri
2 CLOSED	3 8:30 Hearing test 10:30 Exercise 10 Bingo 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1	4 10 Bingo 10 Pickleball 11 Exercise w/YVHH 11 Blood pressure check 12:30 Prayer Shawls	5 9 Sewing 10 Scrapbooking 2 Cards	6 10 Tribune News 11 Trivia w/ Alice 1:30 Aquatic Class 6:00 Art Party w/ Jan
9 10 Line Dancing 11 Matter of Balance 11 Quilting 12 Matter of Balance 1:30 Aquatic Class 5:00 Clogging	10 Bingo 10:30 Exercise 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2	11 10 Pickleball 10 Bingo 11 Blood pressure check 11 Exercise w/YVHH 12:30 Prayer Shawls	12 9 Sewing 2 Cards 7:30 Yadkin Valley Trail Riders	13 10 Tribune News Trivia w/ Alice 11 D-Rex Pharmacy 1:30 Aquatic Class
16 CLOSED	17 10:30 Exercise 10 Bingo 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2	18 10 Bingo 10 Pickleball 11 Parkwood 11 Exercise w/YVHH 12:30 Prayer Shawls	19 9 Sewing 11 Deputy Diaz 2 Cards 5:30 Jonesville Historical Society Meeting	20 10 Tribune News 11 Trivia w/ Alice 1:30 Aquatic Class
23 10 Line Dancing 11 Quilting 12 Matter of Balance 1:30 Aquatic Class 5:00 Clogging	24 10 Bingo 10:30 Exercise 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2	25 10 Bingo 10 Pickleball 11 CapTel 11 Exercise w/YVHH 12:30 Prayer Shawl	26 9 Sewing 2 Cards 	27 10 Tribune News 11 Trivia w/ Alice 1:30 Aquatic Class
30 10 Line Dancing 11 Quilting 12 Matter of Balance 1:30 Aquatic Class 1:30 Look Good Feel Better 5:00 Clogging	31 10 Bingo 10:30 Exercise 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2	 	<p>NOTE The Senior Center follows the same inclement weather closings as the Yadkin County School System.</p>	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."