

# YADKIN VALLEY SENIOR CENTER

**HAPPY NEW YEAR!**



**YVEDDI**  
YADKIN VALLEY ECONOMIC  
DEVELOPMENT DISTRICT, INC.

*A North Carolina Senior Center of Excellence*

**January 2015**

## 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 the staff...***

*Happy New Year! I want to thank everyone who came to the Prayer Shawl Dedication last month and to all of the volunteers that we have at the Yadkin Valley Senior Center. The center could not function without each of you. Also, thank you to those who came to the Christmas Dance at the Yadkin Moose Lodge! We had a blast and are looking forward to next year's dance!*

*As we walk into this New Year, I hope we can continue to grow as a family, support each other, and work to make the Yadkin Valley Senior Center "the place to be!" in Jonesville!*

**—Jennifer Hemric, Senior Center Director**

*Regarding the RSVP Program, I am looking for a volunteer to assist with filing in my office at the senior center. Please call or drop by my office to get more information about this volunteer opportunity. And Happy New Year to you all!*

**—Gilda Pruitt, RSVP Director**

*We are excited to start a new year here and we would love to hear your suggestions on any special programs or activities you are interested in having at the senior center. Happy New Year and I feel sure it will be the best one yet!*

**—Tracey Anderson, Nutrition  
Site Manager**

# January 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<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>			<p>1 <b>HOLIDAY</b></p> <p><b>CLOSED</b></p> <p><b>HAPPY NEW YEAR</b></p>	<p>2 10:30 Trivia w/ Alice 11:30 Lunch</p>
<p>5</p> <p>11:00 Lawrence Prevette Guitar and Singing 11:00 Quilting 11:30 Lunch 12:30 Bible Study</p>	<p>6</p> <p>8:00 Best Value Hearing Screenings 10:30 Aerobic Exercise 10:30 Blood Pressure Checks 11:30 Lunch 11:30 Amy Wilhelm with Mtn. Valley Hospice</p>	<p>7</p> <p>10:00 Pickle-Ball 10:00 Bingo 11:00 Oliver Helsabeck Concert 11:30 Lunch 12:30 Prayer Shawls 12:30 Rook</p>	<p>8</p> <p>9:30 Project for Hospice 10:00 Bingo 11:00 Kim Holland Yadkin Valley United Health Exercise Class 11:30 Lunch 1:00 Book Club 7:30 Yadkin Valley Trail Riders</p>	<p>9</p> <p>10:30 Jeopardy 11:00 Police Officer Appreciation Day 11:30 Lunch</p>
<p>12</p> <p>11:00 Joshua Holbrook w/ Pruitt Home Health 11:00 Quilting 11:30 Lunch</p>	<p>13</p> <p>10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:00 D-Rex Pharmacy Presentation 11:30 Lunch 5:00 Senior Supper</p>	<p>14</p> <p>10:00 Pickle-Ball 10:00 Bingo 11:00 Nutrition w/ Peggy Rhodes 11:30 Lunch 12:30 Prayer Shawls 12:30 Rook</p>	<p>15</p> <p>9:00 Sewing 10:00 Bingo 11:00 History of the Jonesville Speedway—Judy Wolfe 11:30 Lunch</p>	<p>16</p> <p>10:30 Jeopardy 11:30 Lunch</p>
<p>19</p> <p><b>HOLIDAY</b></p> <p><b>CLOSED</b></p> <p><b>MARTIN LUTHER KING JR. DAY</b></p>	<p>20</p> <p>10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:00 Hat Day 11:30 Lunch 12:30-2:30 Art Class with Yadkin Arts Council</p>	<p>21</p> <p>10:00 Pickle-Ball 10:00 Bingo 11:00 Better Choices Nutrition w/ Marilyn Wells 11:30 Lunch 12:30 Prayer Shawls 12:30 Rook</p>	<p>22</p> <p>9:00 Sewing 10:00 Bingo 11:00 Crime Prevention w/ Sharon Diaz 11:30 Lunch</p>	<p>23</p> <p>10:30 Jeopardy 11:30 Lunch</p>
<p>26</p> <p>9:30-11:30 Matter of Balance Class 11:00 Quilting 11:30 Lunch</p>	<p>27</p> <p>10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:15 "A Changed Life" w/ Garrick Witt</p>	<p>28</p> <p>10:00 Pickle-Ball 10:00 Bingo 11:00 Winter Weather Preparedness w/ Yadkin Emergency Services 11:30 Lunch 12:30 Prayer Shawls 12:30 Rook</p>	<p>29</p> <p>9:00 Sewing 10:00 Bingo 10:30 Friends of Bill Band 11:30 Lunch</p>	<p>30</p> <p>10:30 Jeopardy 11:30 Lunch</p>