

YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

July 2016

Important Announcements:

The Senior Center and the Nutrition Site will be closed on July 4th.

**ART PARTY WITH JAN
FRIDAY, JULY 8TH AT 6:00 PM
AT THE YADKIN VALLEY
SENIOR CENTER
CALL THE CENTER TO
REGISTER
336-526-1087**



Weight Watchers meets at the Yadkin Valley Senior Center each Tuesday at 5:00 pm. New members are welcome. New members over the age of 60 pay no start up fee, compliments of the senior center.

We now have an ALD, Assisted Listening Device. This is available to use during senior center programs only. See Jane for assistance.

“Pot Luck Suppers” are coming back to the Yadkin Valley Senior Center in August. Beginning on Monday, August 8th, at 5:00, we will have a pot luck supper on the 2nd Monday of each month. Bring one of your favorite dishes to share and enjoy the friendship and good food.



The Prayer Shawl Ministry of the Yadkin Valley Senior Center will be having a prayer shawl dedication on Wednesday, July 20th at 12:30.

Art classes through the Yadkin Arts Council have been canceled due to grant funding cuts.



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 newsletters you can also like YVEDDI on FACEBOOK.

July 2016

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|---|---|
|  |  | Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information. | | 1 10 Tribune News 11 JULY 4TH PARTY 1:30 Aquatic Class |
| 4 CLOSED  | 5 8:00 Hearing Screening 10:30 Exercise 11 MVH 2:30-4:30 Weaving 6:30 Beginner Shag 1 7:45 Beginner Shag 2 | 6 10 Bingo 11 Exercise w/Patti 12:30 Prayer Shawls | 7 9 Sewing 10 Bingo 11 B/P Check 2 Cards 7:30 Yadkin Valley Trail Riders | 8 10 Tribune News 1:30 Aquatic Class 6:00 Art Party With Jan |
| 11 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging | 12 10:30 Exercise 11 Marilyn Wells w/ Coop. Ext. office 2:30-4:30 Weaving 6:30 Beginner Shag 1 7:45 Beginner Shag 2 | 13 10 Bingo 11 Exercise w/YVHH 12:30 Prayer Shawls | 14 9 Sewing 10 Bingo 11 2 Cards 5:30 Jonesville Historical Society Meeting | 15 10 Tribune News 11 Trivia with Jane 1:30 Aquatic Class |
| 18 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging | 19 10:30 Exercise 11 Birthday Celebration 2:30-4:30 Weaving 6:30 Beginner Shag 1 7:45 Beginner Shag 2 | 20 10 Bingo 11 John Brice w/ Comprehensive Cancer Center 12:30 Prayer Shawls Dedication | 21 9 Sewing 10 Bingo 11 Detective Diaz 2 Cards | 22 10 Tribune News 11 B/P Check 1:30 Aquatic Class |
| 25 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging | 26 10:30 Exercise 11 Josh Vogler 2:30-4:30 Weaving 6:30 Beginner Shag 1 7:45 Beginner Shag 2 | 27 10 Bingo 11 Exercise w/Patti 12:30 Prayer Shawl | 28 9 Sewing 10 Bingo 11 Friends of Bill Band 2 Cards | 29 10 Tribune News 11 B/P Check 1:30 Aquatic Class |

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