

YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

May 2016

Important Announcements:

May is National Older Americans Month

May 6th - Art Party with Jan, at 6 pm.
Open to the public. Call the Senior Center to register.



**May 18th at 12:30 p.m. -
Prayer Shawl Ministry Dedication**

Every Tuesday at 5:00 pm (beginning May 3rd) - Weight Watchers meeting

Saturday, May 7th - JONESVILLE JUBILEE!! at the Lila Swaim Park and the Yadkin Valley Senior Center. All kinds of festivities!! Food!! Crafts!! Fireworks!! FUN!
Come join the FUN!!!

May 30th - The Senior Center will be closed for Memorial Day

Upcoming Events

June 7th - No Center activities or Nutrition Program, due to primary voting at the Senior Center.

June 7th - Day trip to Shatley Springs!

Depart Jonesville Center at 8:30 am.
\$13 for registered Nutrition Site participants (\$20 for non-registered). Call the Senior Center to sign up.





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.

May 2016

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>10 Line Dancing 11 Older Americans Month Celebration 11 Quilting 1:30 Aquatic Class 6:00 Clogging</p>	<p>3</p> <p>8:00 Hearing Screening 10:30 Exercise 11 Pest Control @ Home 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p>	<p>4</p> <p>10 Pickleball 10 Bingo 11 Exercise w/YVHH 12:30 Prayer Shawls</p>	<p>5</p> <p>9 Sewing 10 Bingo 11 Fire & Safety 2 Cards 7:30 Yadkin Valley Trail Riders</p>	<p>6</p> <p>10 Tribune News 11 Trivia w/ Alice 1:30 Aquatic Class 6:00 Art Party w/ Jan</p> <p>JONESVILLE JUBILEE MAY 7TH!!</p>
<p>9</p> <p>10 Line Dancing 11 Better Choices 11 Quilting 1:30 Aquatic Class 6:00 Clogging</p>	<p>10</p> <p>10:30 Exercise 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p>	<p>11</p> <p>9 Duke Retirees meet 10 Bingo 12:30 Prayer Shawls</p>	<p>12</p> <p>9 Sewing 10 Bingo 2 Cards</p>	<p>13</p> <p>10 Tribune News 11 D-Rex Pharmacy 1:30 Aquatic Class</p>
<p>16</p> <p>10 Line Dancing 11 Better Choices 11 Quilting 1:30 Aquatic Class 6:00 Clogging</p>	<p>17</p> <p>10:30 Exercise 11 YVHH Exercise 11:30 Birthday Celebration 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p>	<p>18</p> <p>10 Pickleball 10 Bingo 11 John Brice w/ Comprehensive Cancer Ctr. Melanoma 12:30 Prayer Shawl Dedication</p>	<p>19</p> <p>9 Sewing 10 Bingo 11 Det. Sharon Diaz – Crime Prevention 2 Cards 5:30 Jonesville Historical Society Meeting</p>	<p>20</p> <p>10 Tribune News 1:30 Aquatic Class</p>
<p>23</p> <p>10 Line Dancing 11 Better Choices 11 Quilting 1:30 Aquatic Class 6:00 Clogging</p>	<p>24</p> <p>10:30 Exercise 11 B/P Check 12:30 Art Class 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p>	<p>25</p> <p>10 Bingo 10 Pickleball 12:30 Prayer Shawl</p>	<p>26</p> <p>9 Sewing 11 Friends of Bill Band 2 Cards</p>	<p>26</p> <p>10 Tribune News 11 D-Rex Pharmacy 1:30 Aquatic Class</p>
<p>30</p> <p>CLOSED</p> <p>Memorial Day</p>	<p>31</p> <p>10:30 Exercise 11 Mtn. Valley Hospice 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p>			<p>Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.</p>

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