



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 2016

Important Announcements:

November is a busy month for the Yadkin Valley Senior Center.

November 8th – Closed for Elections (this is a voting location)

November 11th - Closed for Veteran's Day

November 14th - Chicken Stew Supper

We ask guests to bring drinks and crackers to share. This stew will be prepared the old fashion way; in a cast iron pot outside.

November 24th and 25th - Closed for Thanksgiving Holiday

20th Anniversary Celebration

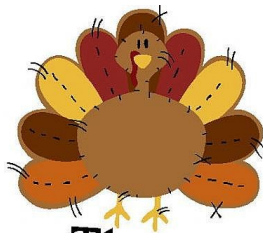
November 28, 2016

3:00 - 5:00 pm

Live Entertainment

Hors d'oeuvres and refreshments

Join Us...



Happy Thanksgiving

The staff wishes everyone a Safe and Happy Thanksgiving.

Flu and Cold Season ARE HERE!!!

PLEASE be considerate of others...

We love it when you visit the center with us, but if you do not feel well OR have a fever, PLEASE stay home to protect yourself and others at the senior center. And remember to wash your hands often



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.

NOVEMBER 2016

Mon	Tue	Wed	Thu	Fri
	1 10:30 Exercise 11 Hospice 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2	2 10 Pickleball 10 Bingo 11 Exercise w/YVHH 12:30 Prayer Shawls	3 9 Sewing 10 Bingo 11 Walgreens 2 Cards	4 10 Tribune News 11 Trivia w/ Alice 1:30 Aquatic Class 6:00 Art Party w/ Jan
7 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging	8 Closed for Elections	9 10 Pickleball 10 Bingo 11 Exercise w/YVHH 12:30 Prayer Shawls 2:30-4:30 Weaving	10 9 Sewing 10 Bingo 11 SNAP 2 Cards 7:30 Yadkin Valley Trail Riders	11 CLOSED Veterans Day
14 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging 5:30 Senior Supper	15 10:30 Exercise 11 B/P Check 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2	16 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawls	17 9 Sewing 10 Bingo 11 Dept. Diaz 2 Cards 5:30 Jonesville Historical Society Meeting Day Trip Southern Christmas Show	18 10 Tribune News 1:30 Aquatic Class
21 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging	22 10:30 Exercise 11 Bingo 12:30 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2	23 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawl	24 CLOSED Thanksgiving	25 CLOSED Thanksgiving
28 10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging YVSC 2th Anniversary	29 10:30 Exercise 11 B/P Check 12:30 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2	30 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawl	 	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."