

# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

October 2015



## Important Announcements:

### ***D-Rex Flu Shot Clinic***

**October 29th**

**10:00 AM**

**at the Yadkin Valley Senior Center**

### 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

### Dementia and Alzheimer's Support:

- 20th at 11:30AM:  
"Caring for those with  
Dementia" with Kelly  
Ingram from Hugh  
Chatham Nursing &  
Rehab Center
- 22nd from 5:30PM-  
6:00PM:  
"Understanding  
Dementia" with Debbie  
Wintersteen of Home  
Instead Senior Care



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 news-  
letters you can also like  
YVEDDI on FACEBOOK.

# October 2015



Mon	Tue	Wed	Thu	Fri
Lunch is served daily at 11:30 for ages 60 & older. Contact <u>Tracey Anderson</u> , Nutrition Site		<ul style="list-style-type: none"> <li>Puzzles and Checkers are available daily</li> <li>Fitness Room is open M-F 8AM-4PM</li> <li>Free book check-out</li> </ul>	1 9 Sewing 9:30 Scrapbooking 11 Cornhole 1 Book Club 2 Cards 7:30 Trail Riders	2 10 Tribune News 10 Computer Lessons 10:30 Trivia w/ Alice 1:30 Aquatic Class
5 10 Tribune News 11 Quilting 1:30 Aquatic Class 5 Clogging	6 10:30 Exercise 11 Blood Pressure Checks Dixie Classic Fair Trip—leaving at 8AM	7 10 Bingo 10 Pickleball 10 Exercise w/ Yadkin Valley Home Health	8 9 Sewing 10 Bingo 11 Fire Prevention w/ Heather Macy from Arlington FD 2 Cards	9 10 Tribune News 10 Computer Lessons 11 D-Rex Pharmacy 1:30 Aquatic Class
12 10 Tribune News 11 Quilting 1:30 Aquatic Class 1:30 Look Good, Feel Better	13 10:30 Exercise 11 Blood Pressure Checks 11:30 Nutrition w/ Peggy Rhodes	14 10 Bingo 10 Pickleball 12:30 Prayer Shawls	15 9 Sewing 10 Bingo 11 Sharon Diaz Presentation 2 Cards	16 10 Tribune News 10 Computer Lessons 1:30 Aquatic Class
19 10 Tribune News 11 Line Dancing Class w/ Shirley Bell 12 Quilting 1:30 Aquatic Class 5 Clogging	20 10:30 Exercise 11 Blood Pressure Checks 11:30 Caring for those w/ Dementia: Program by Kelly Ingram	21 10 Bingo 10 Pickleball 11 Don Barwick w/ ClearCaptions 12:30 Prayer Shawls	22 9 Sewing 10 Bingo 10:30 Friends of Bill Band 2 Cards 2 Technology 101 5:30-6:00	23 10 Tribune News 10 Computer Lessons 1:30 Aquatic Class Trip to Daniel Boone Inn for lunch—leaving at 10AM
26 10 Tribune News 11 Line Dancing Class w/ Shirley Bell 12 Quilting 1:30 Aquatic Class	27 10:30 Exercise 11 Blood Pressure Checks 11 Halloween Party w/ Red Hats	28 10 Bingo 10 Pickleball 11 Pruitt Home Health 12:30 Prayer Shawls	29 9 Sewing 10 Bingo 10 D-Rex Flu Clinic 2 Cards 2 Technology 101 5-8 Halloween	30 10 Tribune News 10 Computer Lessons 11 Amy w/ Mtn Valley Hospice 1:30 Aquatic Class 2 Classical Pianist at



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

