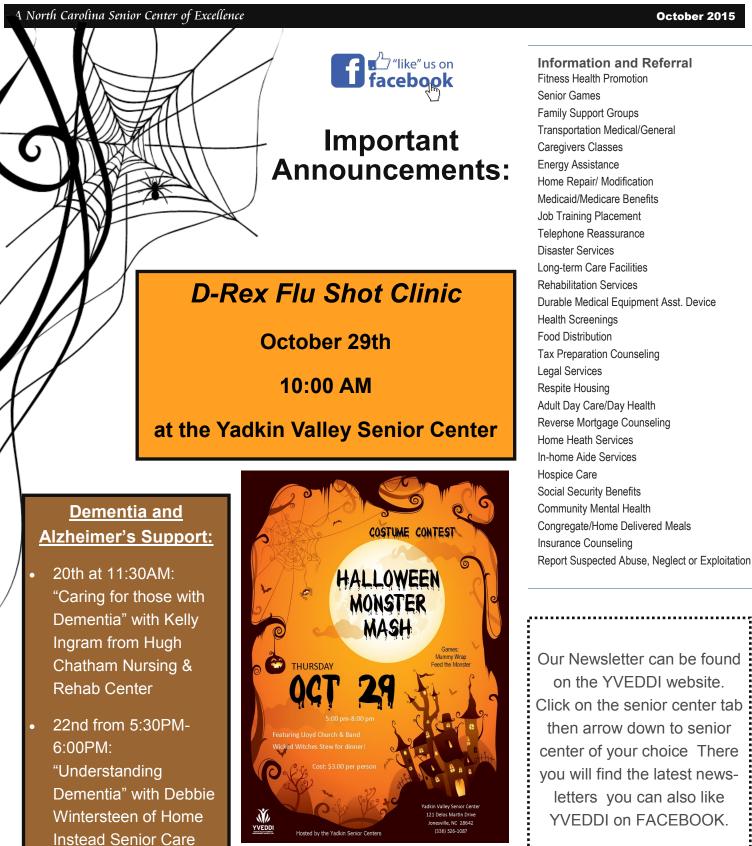
YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



October 2015



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 Heath Services In-home Aide Services Hospice Care Social Security Benefits **Community Mental Health** Congregate/Home Delivered Meals Insurance Counseling

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.

October 2015



Mon	Tue	Wed	Thu	Fri
		 Puzzles and Checkers are available daily 	1 9 Sewing 9:30 Scrapbooking	2 10 Tribune News 10 Computer Lessons
Lunch is served daily at 11:30 for ages 60 & older. Contact		 Fitness Room is open M-F 8AM- 4PM 	11 Cornhole 1 Book Club	10:30 Trivia w/ Alice
Tracey Anderson, Nutrition Site		 Free book check-out 	2 Cards 7:30 Trail Riders	1:30 Aquatic Class
5	6	7	8	9
10 Tribune News	10:30 Exercise	10 Bingo	9 Sewing	10 Tribune News
11 Quilting 1:30 Aquatic Class	11 Blood Pressure Checks	10 Pickleball	10 Bingo	10 Computer Lessons
5 Clogging	Dixie Classic Fair Trip—leaving at 8AM	10 Exercise w/ Yadkin Valley Home Health	11 Fire Preventionw/ Heather Macyfrom Arlington FD2 Cards	11 D-Rex Pharmacy 1:30 Aquatic Class
12	13	14	15	16
10 Tribune News	10:30 Exercise	10 Pince	9 Sewing	10 Tribune News
11 Quilting	11 Blood Pressure	10 Bingo 10 Pickleball	10 Bingo	10 Computer Lessons
1:30 Aquatic Class 1:30 Look Good, Feel Better	Checks 11:30 Nutrition w/ Peggy Rhodes	12:30 Prayer Shawls	11 Sharon DiazPresentation2 Cards	1:30 Aquatic Class
19	20	21	22	23
10 Tribune News	10:30 Exercise	10 Bingo	9 Sewing	10 Tribune News
11 Line Dancing Class	11 Blood Pressure		10 Bingo	10 Computer Lessons
w/ Shirley Bell 12 Quilting	Checks	10 Pickleball 11 Don Barwick w/	10:30 Friends of Bill Band	1:30 Aquatic Class
	11:30 Caring for	ClearCaptions	2 Cards	Trip to Daniel Boone
1:30 Aquatic Class 5 Clogging	those w/ Dementia: Program by Kelly Trenem	12:30 Prayer Shawls	2 Technology 101	Inn for lunch—leaving at 10AM
	Ingram		5:30-6:00	
26	27	28	29	30
10 Tribune News	10:30 Exercise	10 Bingo	9 Sewing	10 Tribune News
11 Line Dancing	11 Blood Pressure		10 Bingo	10 Computer Lessons
Class w/ Shirley Bell	Checks	10 Pickleball	10 D-Rex Flu Clinic 2 Cards	11 Amy w/ Mtn Valley Hospice
	11 Halloween Party	11 Pruitt Home Health		1:30 Aquatic Class
12 Quilting 1:30 Aquatic Class	w/ Red Hats	12:30 Prayer Shawls	2 Technology 101 5-8 Halloween	2 Classical Pianist at



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