



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence



October 2016

## Important Announcements:

### Oct 4th - DIXIE CLASSIC FAIR

The Yadkin County Senior Centers will be taking a trip to the Dixie Classic Fair.

We will leave the Senior Centers at 8:30 AM

Admission is FREE for seniors 60 and older.

Lunch, exhibits and other activities are on your own.

We will leave the Fair at 1:00 PM to return to the Senior Center.

Contact your Senior Center to register.

### Oct 10th - Pot Luck and BINGO 5:00 PM

Guests are asked to bring a dish of food to share with friends, such as a casserole or dessert. The center will provide drinks.



### Shag Classes

Classes will resume on Tuesday , October 4th.

Class Times on Tuesday are always:

Beginners 1 (Never shag danced) 6:45 to 7:45

Beginners 2 9 You know the basic) 7:45 to 8:45

Come out, enjoy and learn the art of Carolina Shagging.

Beginners 1 will learn the basic, turning in place, the start-up, pass-by, male and female underarm turns, and close position. And more if you can stand it!

Beginner 2 will learn the chase, trail, belly-roll, and promenade.

For more information call 336-970-3852 or shaggyg@yahoo.com or call Gilda

Pruitt at the senior center 336-526-1087.

Remember if you are on **Medicare** the ANNUAL ELECTION PERIOD (AEP) begins October 15th, first day to choose a new Medicare plan for 2017 and will end on December 7th.

For more information call Debra Caudle or Gilda Pruitt @ 336-526-1087.



# HAPPY HALLOWEEN

### 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.

# OCTOBER 2016

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p>	<p>4</p> <p>8:00 Hearing Screening 10:00 Bingo 11 Mountain Valley Hospice 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1</p>	<p>5</p> <p>10 Pickleball 10 Bingo 11 Exercise w/YVHH 12:30 Prayer Shawls</p>	<p>6</p> <p>9 Sewing 10 Scrapbooking 2 Cards  7:30 Yadkin Valley Trail Riders</p>	<p>7</p> <p>10 Tribune News 11 Trivia w/ Alice 1:30 Aquatic Class 6:00 Art Party w/ Jan</p>
<p>10</p> <p>10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p>	<p>11</p> <p>10:00 Bingo 11 Baptist Hospital 2:30-4:30 Weaving 5:00 Weight Watchers 5:00 Pot Luck Dinner 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p>	<p>12</p> <p>10 Pickleball 10 Bingo 10:30 Flu Shots 12:30 Prayer Shawls</p>	<p>13</p> <p>9 Sewing 2 Cards 7:30 Yadkin Valley Trail Riders</p>	<p>14</p> <p>10 Tribune News 1:30 Aquatic Class</p>
<p>17</p> <p>10 Line Dancing 11 Quilting 11:30 Chalk Art 1:30 Aquatic Class 5:00 Clogging</p>	<p>18</p> <p>10:00 Bingo 11 B/P Check 2:30-4:30 Weaving 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p>	<p>19</p> <p>10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawls</p>	<p>20</p> <p>9 Sewing 11 Dept. Diaz 2 Cards</p>	<p>21</p> <p>10 Tribune News 1:30 Aquatic Class</p>
<p>24</p> <p>10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p>	<p>25</p> <p>10:00 Bingo 5:00 Weight Watchers 2:30-4:30 Weaving 6:30 Beginner Shag 1 7:45 Beginner Shag 2</p>	<p>26</p> <p>10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawl</p>	<p>27</p> <p>9 Sewing 10 Bingo 11 Band 2 Cards</p>	<p>28</p> <p>10 Tribune News 1:30 Aquatic Class</p>
<p>31</p> <p>10 Line Dancing 11 Quilting 1:30 Aquatic Class 5:00 Clogging</p>			 	<p>Lunch is served daily at 11:30 for ages 60 &amp; 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."