

YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

September 2015

Important Announcements

September 3: We Honor Heroes @ 10:30 AM FEATURING the 82nd Airborne Division's All-American Chorus from FORT BRAGG, NC

September 5-7: Labor Day Flea Market @ Lila Swaim Park
Call 336-835-0077 for more information

September 7: CLOSED

September 15: Senior Supper @ 5 PM (Bring your own covered dish and join our fellowship)

September 16: Pickleball Day at the tennis courts! 9-11:30 AM

September 16: Book Swap @ 11 AM

September 22: Living with Dementia Program 11:30-12:30

September 25: Trip with Parkwood Place to Herrera Vineyard

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

NEW: CLOGGING CLASS!

Will begin Sept. 14th and be every Monday following.
Open to ages 10 and up!

5:00-6:00 Beginners Class

6:00-7:00 Intermediate Class

7:00-8:00 Team Practice

Cost: \$20 per month

Instructor: Janice Nixon



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.

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

September 2015

Mon	Tue	Wed	Thu	Fri
 	1 8 Hearing Screening 9 ClearCaptions 10 10:30 Exercise 11 Blood Pressure Checks 11 Amy w/ Mtn. Valley Hospice	2 10 Bingo 10 Pickleball 11 Exercise w/ Yadkin Valley Home Health 12:30 Prayer Shawls	3 9 Sewing 9 Scrapbooking 9 Red Hat Hospice Mtg. 10:30 We Honor Heroes 1 Book Club 7:30 Yadkin Trail Riders	4 10 Tribune News 10:30 Trivia w/ Alice 10 Computer Lessons 1:30 Aquatic Class
7 CLOSED TO HONOR LABOR DAY	8 10:30 Exercise 11 Blood Pressure Checks 11 Heather Macy w/ Arlington Fire Dept.	9 10 Bingo 10 Pickleball 11 Elkin Assisted Living 12:30 Prayer Shawls	10 9 Sewing 10 Bingo 11 Cards 11 Cornhole	11 10 Tribune News 11 Computer Lessons 11 D-Rex Pharmacy 1:30 Aquatic Class
14 10 Tribune News 11 Quilting 11 Francie Smith Concert 1:30 Aquatic Class 1:30 Look Good, Feel Better 5 Clogging	15 10:30 Exercise 11 Blood Pressure Checks 11 Crafts w/ Sue Childress 12:30 Arts/Crafts w/ Arts Council 5 Senior Supper	16 9-11:30 Pickleball DAY! 10 Bingo 11 Book Swap 12:30 Prayer Shawls	17 9 Sewing 10 Bingo 11 Cards 11 Sharon Diaz Presentation	18 10 Tribune News 11 Computer Lessons 1:30 Aquatic Class
21 10 Tribune News 11 Quilting 11:30 Nutrition w/ Peggy 1:30 Aquatic Class 5 Clogging	22 10:30 Exercise 11 Blood Pressure Checks 11:30-12:30 Living w/ Dementia (Kelly Ingram)	23 10 Bingo 10 Pickleball 11 Line Dancing w/ Pruitt Home Health 12:30 Prayer Shawls	24 9 Sewing 10 Bingo 10:30 Friends of Bill Band 11 Cards	25 10 Tribune News 11 Computer Lessons 1:30 Aquatic Class LUNCH AT HERRERA VINEYARD (TRIP)
28 10 Tribune News 11 Quilting 1:30 Aquatic Class 5 Clogging	29 10:30 Exercise 11 Blood Pressure Checks 11 Healthy Cooking for the Fall w/ Marilyn Wells	30 10 Bingo 10 Pickleball 11 Mr. Herman Bapt. Church Concert 12:30 Prayer Shawls	Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact <u>Tracey Anderson</u> , Nutrition Site Manager, for more information.	