



A North Carolina Certified Senior Center of Excellence

Important Announcements:

Hello and Welcome to Spring! (Maybe!)

We are in the process of rescheduling the Day Trip and Prayer Shawl Dedication that were cancelled due to the snow. We will keep you informed on new dates but until then please take advantage of our monthly activities

This month we have added Blood Pressure Checks and Beginners Dance Class to our regularly scheduled programs. Thanks Jene and Natalie for adding to your classes!

Senior Games Opening Ceremony is April 27th at Fisher River Park, we are looking forward to celebrating our seniors as they rise to the challenge, breaking records and winning medals.

We would like to wish all of you a very Happy Easter.

YVSC Staff

RAFFLE

Please contact Sandra or Dee to purchase 60/40 raffle tickets (drawing April 25th) or raffle tickets for the \$500 gift certificate from Foothills Meat Center (drawing June 28th).

APRIL 21st - 1st Annual Classic Car Show & Live Band 12:00 pm to 5:00 pm



Location: 533 N. Carolina Ave. Hwy 601N • Boonville, NC \$5 admission or free admission with the purchase of a \$10 raffle ticket Entertainment by: "too MUCH SyLviA " RAFFLE • PRIZES • MUSIC • FOOD TRUCKS Bring a lawn chair (no coolers allowed) A fundraiser event to support the programs of YVEDDI

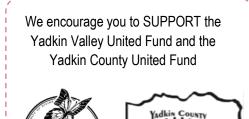


Our Newsletter can be found at www.yveddi.com. Click on the senior center tab then arrow down to senior center of your choice There you will find the latest newsletter, you can also like us on FACEBOOK.

If you would like to receive our newsletter via email please email sjohnson@yveddi.com. Please call 336-526-1087 for more information!



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 Heath 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





April 2018

Mon	Tue	Wed	Thu	Fri
2 10 Flexercise 10 Line Dancing \$ 11 Quilting 6 Clogging \$	3 9 Best Value Hearing 9:30 My Journey 10:30 Linda's Exercise 11 Hospice 5 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	4 10:30 Nutrition Bingo 12:30 Prayer Shawls	5 9 Sewing \$ 9 Local News w/The Tribune 9:30 Scrapbooking \$ 7:30 YV Trail Riders	6 9:30 -11:30 Pickleball 10 Coffee Chat/Current Events 10 My Journal
9 10 Flexercise 10 Line Dancing \$ 11 Quilting 6 Clogging \$	10 9:30 My Journey 10 Fire Department 10:30 Linda's Exercise 5 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	11 10 Novant Health 10:30Healthy- Bingo 12:30 Prayer Shawls	12 9 Sewing \$ 9 Local News w/The Tribune 5 Dancing with Jene for Beginners 6 Dancing with Jene	13 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events 10 My Journal
16 10 Flexercise 10:30 Blood Pressure Checks 10 Line Dancing \$ 11 Quilting 4 Fellowship Dinner 6 Clogging \$	17 9:30 My Journey 10 Vaya Health 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	18 10:30 Safety Bingo 12:30 Prayer Shawls	 19 9 Sewing \$ 9 Local News w/The Tribune 11 Officer Diaz 5 Dancing with Jene for Beginners 6 Dancing with Jene 	20 9:30 -11:30 Pickleball 10 Coffee Chat/Current Events 10 My Journal
23 10 Flexercise 10 Line Dancing \$ 10 Quilting 6 Clogging \$	24 9:30 My Journey 10 Cigna Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	25 10:30 Healthy Bingo 12:30 Prayer Shawls	26 9 Sewing \$ 9 Local News w/The Tribune 10 Birthday Celebration Bluegrass Band 5 Dancing with Jene for Beginners 6 Dancing with Jene	27 Senior Games Opening Ceremony Fisher River Park 9:30 -11:30 Pickleball 10 Coffee Chat/Current Events 10 My Journal
30 10 Flexercise 10 Line Dancing \$ 11 Quilting 6 Clogging \$			VIORIN VALLEY ECONOMIC Development district, Inc.	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."