



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

April 2018

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 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

We encourage you to SUPPORT the Yadkin Valley United Fund and the Yadkin County United Fund



APRIL 2018

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>10 Flexercise</p> <p>10 Line Dancing \$</p> <p>11 Quilting</p> <p>6 Clogging \$</p>	<p>3</p> <p>9 Best Value Hearing</p> <p>9:30 My Journey</p> <p>10:30 Linda's Exercise</p> <p>11 Hospice</p> <p>5 Weight Watchers</p> <p>6:30 Beginner Shag 1 \$</p> <p>7:45 Shag 2 \$</p>	<p>4</p> <p>10:30 Nutrition Bingo</p> <p>12:30 Prayer Shawls</p>	<p>5</p> <p>9 Sewing \$</p> <p>9 Local News w/The Tribune</p> <p>9:30 Scrapbooking \$</p> <p>7:30 YV Trail Riders</p>	<p>6</p> <p>9:30 -11:30 Pickleball</p> <p>10 Coffee Chat/Current Events</p> <p>10 My Journal</p>
<p>9</p> <p>10 Flexercise</p> <p>10 Line Dancing \$</p> <p>11 Quilting</p> <p>6 Clogging \$</p>	<p>10</p> <p>9:30 My Journey</p> <p>10 Fire Department</p> <p>10:30 Linda's Exercise</p> <p>5 Weight Watchers</p> <p>6:30 Beginner Shag 1 \$</p> <p>7:45 Shag 2 \$</p>	<p>11</p> <p>10 Novant Health</p> <p>10:30Healthy- Bingo</p> <p>12:30 Prayer Shawls</p>	<p>12</p> <p>9 Sewing \$</p> <p>9 Local News w/The Tribune</p> <p>5 Dancing with Jene for Beginners</p> <p>6 Dancing with Jene</p>	<p>13</p> <p>9:30 -11:30 Pickleball</p> <p>10:00 Coffee Chat/Current Events</p> <p>10 My Journal</p>
<p>16</p> <p>10 Flexercise</p> <p>10:30 Blood Pressure Checks</p> <p>10 Line Dancing \$</p> <p>11 Quilting</p> <p>4 Fellowship Dinner</p> <p>6 Clogging \$</p>	<p>17</p> <p>9:30 My Journey</p> <p>10 Vaya Health</p> <p>10:30 Linda's Exercise</p> <p>5:00 Weight Watchers</p> <p>6:30 Beginner Shag 1 \$</p> <p>7:45 Shag 2 \$</p>	<p>18</p> <p>10:30 Safety Bingo</p> <p>12:30 Prayer Shawls</p>	<p>19</p> <p>9 Sewing \$</p> <p>9 Local News w/The Tribune</p> <p>11 Officer Diaz</p> <p>5 Dancing with Jene for Beginners</p> <p>6 Dancing with Jene</p>	<p>20</p> <p>9:30 -11:30 Pickleball</p> <p>10 Coffee Chat/Current Events</p> <p>10 My Journal</p>
<p>23</p> <p>10 Flexercise</p> <p>10 Line Dancing \$</p> <p>10 Quilting</p> <p>6 Clogging \$</p>	<p>24</p> <p>9:30 My Journey</p> <p>10 Cigna Bingo</p> <p>10:30 Linda's Exercise</p> <p>5:00 Weight Watchers</p> <p>6:30 Beginner Shag 1 \$</p> <p>7:45 Shag 2 \$</p>	<p>25</p> <p>10:30 Healthy Bingo</p> <p>12:30 Prayer Shawls</p>	<p>26</p> <p>9 Sewing \$</p> <p>9 Local News w/The Tribune</p> <p>10 Birthday Celebration</p> <p>Bluegrass Band</p> <p>5 Dancing with Jene for Beginners</p> <p>6 Dancing with Jene</p>	<p>27</p> <p>Senior Games Opening Ceremony Fisher River Park</p> <p>9:30 -11:30 Pickleball</p> <p>10 Coffee Chat/Current Events</p> <p>10 My Journal</p>
<p>30</p> <p>10 Flexercise</p> <p>10 Line Dancing \$</p> <p>11 Quilting</p> <p>6 Clogging \$</p>				<p>Lunch is served daily at 11:30 for ages 60 & 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."

• (336) 526-1087 •