



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 2018

Important Announcements:



REMINDER: March 11, 2018 Daylight Saving Time Begins

March 13th Day Trip to Winston-Salem!

We will be leaving from the senior center at 8:30 a.m. to go to BoJangles (breakfast), Hamrick's, A.C. Moore's, K & W Cafeteria (lunch), Michael's, Hobby Lobby, and McDonald's (ice cream)

Return at approximately 4:00 p.m.

Lunch and shopping is on your own.

Free transportation for senior center/congregate participants

Call or stop in to register

March 19th Our Food and Fellowship night has been moved to the 3rd Monday of the month. This month we will be meeting on March 19th at 4 p.m. for an early dinner and fellowship. Please bring a side dish, dessert or drink and join us as we bridge the gap to loneliness in our community one meal at a time.

March 21st Prayer Shawl Dedication

Please join us in dedicating the shawls to be used to comfort hospice patients in need.

On March 30th and 31st Annual Bake Sale from 9am to 5pm (or until sold out)

Our Prayer Shawl group will be having their Annual Bake Sale at the Foot Hills Meat Center at 224 Bridge Street in Jonesville. All Proceeds will go to buy yarn to make prayer shawls for Mountain Valley Hospice.

Please contact Sandra or Dee to purchase 60/40 raffle tickets or raffle tickets for the \$500 gift certificate from Foothills Meat Center.

Please continue to remember those who are not able to be with us due to sickness.

This has been a terrible flu season! Hopefully everyone will be well again soon and we can get back to the business of living the dream.

Hope all of you stay warm and dry as we jump right in to March Madness!

Yadkin Valley Senior Center

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



MARCH 2018

Mon	Tue	Wed	Thu	Fri
Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.			1 9:00 Sewing \$ 9:30 Scrapbooking \$ 10:00 Evergreen Law 7:30 YV Trail Riders	2 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events
5 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$	6 9:30 My Journey 10:30 Linda's Exercise 11:00 Hospice 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	7 10:30 Bingo 12:30 Prayer Shawls	8 9:00 Sewing \$ 6:00 Dancing with Jene! (Learn a variety of Dances)	9 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events
12 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$	13 8:30 Day Trip 9:30 My Journey 10:00 Cigna 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	14 10:30 Bingo 12:30 Prayer Shawls	15 9:00 Sewing \$ 11:00 Officer Diaz 6:00 Dancing with Jene! (Learn a variety of Dances)	16 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events 11:00 St. Patrick's Day Potluck Party !
19 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$ 4:00pm Food and Fellowship Dinner	20 9:30 My Journey 10:00 Vaya Health - Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	21 10:30 Bingo 12:30 Prayer Shawls 1:00 Prayer Shawl Dedication	22 9:00 Sewing \$ 10:00 Birthday Celebration Bluegrass Band 6:00 Dancing with Jene! (Learn a variety of Dances)	23 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events
26 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$	27 9:30 My Journey 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	28 10:30 Bingo 12:30 Prayer Shawls	29 9:00 Sewing \$ 10:00 Birthday Celebration Bluegrass Band 6:00 Dancing with Jene! (Learn a variety of Dances)	30 Closed Good Friday



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