



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

May 2018

Important Announcements:

Bake Sale



May 5th Bake Sale! We are having a bake sale from 12 - 5 p.m. during the Jubilee at the Park Day! Come by and support the Yadkin Senior Centers by purchasing a home made item of your choice!

May 19th from 2 - 4 pm Older American Appreciation Day

Please join in celebrating some exciting Jonesville History!

We will be watching a documentary of the Jonesville Speedway from the early 1950's. We will have a guest speaker from the Jonesville Historical Society. Refreshments will be available. Free Admission

RAFFLE

Please contact Sandra or Dee to purchase raffle tickets for the \$500 gift certificate from Foothills Meat Center \$2 each (drawing June 28th).



*May 8th Day Trip

Shopping trip to Hamricks, Hobby Lobby , AC Moore and K&W
Please call (336) 526-1087 or stop by to register

Holiday/Closing Schedule:

May 8th: Senior Center is closed for Voting (*Day Trip Scheduled)

May 28th: Holiday (Memorial Day)

Our Newsletter can be found at www.yveddi.com. Click on the senior center tab then ar-row 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!

Remembering the men and women who died while serving our country.

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



ENGAGE AT EVERY AGE: MAY 2018



MAY 2018

Mon	Tue	Wed	Thu	Fri	
	1 9:30 My Journey 10:00 Hospice Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	2 10:30 Nutrition Bingo 12:30 Prayer Shawls	3 9:00 Sewing \$ 9:00 Local News w/The Tribune 9:30 Scrapbooking \$ Dancing with Jene 5:00 beginner 6:00 beyond beginner 7:00 Improver 7:30 YV Trail Riders -	4 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events 10:00 My Journal	
	7 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$	8 Closed for Voting Day Trip: Shopping trip to Hamricks, Hobby Lobby, AC Moore and K & W	9 10 Novant Health 10:30Healthy- Bingo 12:30 Prayer Shawls	10 9:00 Sewing \$ 9:00 Local News w/The Tribune Dancing with Jene 5:00 beginner 6:00 beyond beginner 7:00 Improver	11 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events 10:00 My Journal
	14 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$	15 9:30 My Journey 10:00 Vaya Health 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	16 10:30 Safety Bingo 12:30 Prayer Shawls	17 9:00 Sewing \$ 9:00 Local News w/The Tribune 11:00 Officer Diaz Dancing with Jene 5:00 beginner 6:00 beyond beginner 7:00 Improver	18 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events 10:00 My Journal
	21 10:00 Flexercise 10:30 Blood Pressure Checks 10:00 Line Dancing \$ 10:00 Quilting 4:00 Fellowship Dinner 6:00 Clogging \$	22 9:30 My Journey 10:00 Cigna Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	23 10:30 Healthy Bingo 12:30 Prayer Shawls	24 9 Sewing \$ 9 Local News w/The Tribune 10 Birthday Celebration Bluegrass Band Dancing with Jene 5:00 beginner 6:00 beyond beginner 7:00 Improver	25 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events 10:00 My Journal
	28 CLOSED	29 9:30 My Journey 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	30 10:30 Healthy Bingo 12:30 Prayer Shawls	31 9:00 Sewing \$ 9:00 Local News w/The Tribune Dancing with Jene 5:00 beginner 6:00 beyond beginner 7:00 Improver	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."