



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

July 2018

## Important Announcements:

### Happy 4th of July!

**July 16th** Food and Fellowship Supper 4pm- Join us for dinner and bring your favorite vegetable or dessert to share!

**July 28th 5:30 –8:30 pm Single Seniors Night!** Includes dinner (Barbeque, slaw and baked beans) and entertainment by “Blue Grace”. Singles only, no married couples please. Our goal is to combat loneliness in the lives our single seniors. This is a free event. You may bring a senior guest age 60 or above but you must include them when you RSVP. Please RSVP by July 23rd. Contact Sandra for questions.

**July 4th** - Closed

### Ark Encounter and Creation Museum Trip

**October 16,17, and 18, 2018 - 2 nights/3 day trip**

Double Adult Rate: \$372.00 / Double Senior Rate:

\$362.00 Triple Adult Rate: \$320.00 / Triple Senior: \$310.00

Quad Adult Rate: \$294.00 / Quad Senior: \$284.00 ▪ \*Price per person

\$50 deposit due by August 6th and full payment 30 days prior to departure.

Includes motor coach transportation ▪ 2 nights lodging ▪ Two (2) complimentary breakfast ▪ Entrance into the museum and Ark.

See any Yadkin County Senior Center Manager for more details and to reserve your seat.

Our Newsletter can be found at [www.yveddi.com](http://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](mailto: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



# JULY 2018

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>8:30 Garden Club 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>3</p> <p>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 \$</p>	<p>4</p> <p>CLOSED Independence Day</p>	<p>5</p> <p>9:00 Sewing \$ 9:00 Local News w/Tribune Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improver</p>	<p>6</p> <p>8:30 Garden Club 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events</p>
<p>9</p> <p>8:30 Garden Club 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>10</p> <p>9:30 My Journey 10:30 Linda's Exercise 11:00 Cigna Bingo 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>11</p> <p>8:30 Garden Club 10:30 Healthy- Bingo 12:00 Ice Cream Day 12:30 Prayer Shawls</p>	<p>12</p> <p>9:00 Sewing \$ 9:00 Local News w/Tribune Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improver</p>	<p>13</p> <p>8:30 Garden Club 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events</p>
<p>16</p> <p>8:30 Garden Club 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>17</p> <p>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 \$</p>	<p>18</p> <p>8:30 Garden Club 10:30 Safety Bingo 11:00 Bible Study with Lane 12:30 Prayer Shawls</p>	<p>19</p> <p>9:00 Sewing \$ 9:00 Local News w/Tribune 11:00 Officer Diaz Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improver</p>	<p>20</p> <p>8:30 Garden Club 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events</p>
<p>23</p> <p>8:30 Garden Club 10:00 Flexercise 10:30 BP Checks 10:00 Line Dancing \$ 10:00 Quilting 6:00 Clogging \$</p>	<p>24</p> <p>9:30 My Journey 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>25</p> <p>8:30 Garden Club 10:30 Healthy Bingo 12:30 Prayer Shawls</p>	<p>26</p> <p>9 Sewing \$ 9 Local News w/Tribune Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improver</p>	<p>27</p> <p>8:30 Garden Club 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events</p>
<p>30</p> <p>8:30 Garden Club 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>31</p> <p>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 \$</p>			<p>Lunch is served daily at 11:30 for ages 60 &amp; 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."