



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

AUGUST 2018

Important Announcements:

Hi Folks!

We hope you are having a great summer! We are staying busy at the Senior Center while trying to stay cool in this weather. We have been dancing, gardening, playing Bingo, board games, Pickleball, sewing, scrapbooking, crocheting, knitting and most importantly having fellowship with one another. If you have any questions about the activities, give us a call and we will gladly tell you more!

Last month we had our first Senior Single's Mingle. We had 51 in attendance! Our plan is to have a dinner/dance each month to bring people together. Each month a different Senior Center will host the dinner. In August it will be held at: Yadkin County Senior Center 207 East Hemlock Street ▪ Yadkinville, NC 27055 (see the details below)

Attention! August 14th at 5 p.m. Single's Mingle Dinner and Dance
You must sign up by Friday, August 10th. For all single people, widows & widowers. FREE!

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. 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



AUGUST 2018

Mon	Tue	Wed	Thu	Fri	
	<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>	<p>1 10:00 Nutrition Bingo 12:30 Prayer Shawls</p>	<p>2 8:30 Garden Club 9:00 Sewing \$ 9:00 Scrapbooking \$ 9:00 Local News w/Tribune Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improve</p>	<p>3 8:30 Garden Club 9:30 -11:30 Pickleball 10:00 Brain Games</p>	
	<p>6 8:30 Garden Club 10:00 Cancelled 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>7 8:30 Best Value Hearing 10:30 Cancelled 11:00 Hospice 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>8 8:30 Garden Club 10:00 Nutrition Bingo 12:00 Ice Cream Day 12:30 Prayer Shawls</p>	<p>9 9:00 Sewing \$ 9:00 Local News w/Tribune Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improver</p>	<p>10 8:30 Garden Club 9:30 -11:30 Pickleball 10:00 Brain Games</p>
	<p>13 8:30 Garden Club 10:00 Flexercise 10:30 BP Checks 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>14 9:30 My Journey 10:00 Healthy Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 5:00 Single Mingle (Yadkin) 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>15 8:30 Garden Club 10:00 Patriot Assisted Living 11:00 Potluck Lunch 12:30 Prayer Shawls</p>	<p>16 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>17 8:30 Garden Club 9:30 -11:30 Pickleball 10:00 Craft Day</p>
	<p>20 8:30 Garden Club 10:00 Flexercise 10:30 BP Checks 10:00 Line Dancing \$ 10:00 Quilting 5:00 Food and Fellowship 6:00 Clogging \$</p>	<p>21 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>22 8:30 Garden Club 10:30 Healthy Bingo 12:30 Prayer Shawls</p>	<p>23 9 Sewing \$ 9 Local News w/Tribune Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improver</p>	<p>24 8:30 Garden Club 9:30 -11:30 Pickleball 10:00 Brain Games</p>
	<p>27 8:30 Garden Club 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>28 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>29 8:30 Garden Club 10:30 Healthy Bingo 12:30 Prayer Shawls</p>	<p>30 9 Sewing \$ 9 Local News w/Tribune 10:00 Brain Games Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improver</p>	<p>31 8:30 Garden Club 9:30 -11:30 Pickleball 10:00 Craft Day</p>

Mission Statement: To improve and maintain independent wellness for the senior community through advocacy, nutrition, volunteerism and vigorous programming to promote healthy minds, bodies and spirits.