



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2018

Important Announcements:

Please join me in welcoming Butch Casstevens! He has accepted the position of Nutrition Site Manager at the senior center! We are so happy to have him here.

Our gardening is about over and we are planning to start a new activity to take us through the winter. Craft Day will start on Friday mornings this month. We will start with rock painting and then go from there! Come join us and bring your craft ideas and skills!

Have a Safe Labor Day Weekend!

Yadkin Valley Senior Center Staff

Announcements:

September 3rd - Closed for Labor Day

Sept. 11 at 5 p.m. Single's Mingle Dinner and Dance

Dinner includes spaghetti, salad, roll, and peach cobbler & ice cream

Entertainment provided by the Centennial Squares

Location: East Bend Senior Center

You must sign up by Sept 7th. For all single people, widows & widowers. FREE!

September 15th - Mental Health Awareness /Information Fair event sponsored by Yadkin/Surry Adult Collaborative, Community Organizations and Services. Event held at Lila Swaim Park beside of Yadkin Valley Senior Center. Free Event!

September 17th Food and Fellowship Dinner. Guests are asked to bring a dish of food to share with friends, such as a casserole or dessert.

Contact Sandra or Butch at (336) 526-1087 for more information.

September 22nd Jonesville Historical Society will be hosting BINGO from 6pm to 9pm. Contact Becky Wood at Jonesville Historical Society for more information. (336) 244-5064

September 25th Yadkin County Senior Center Beach Bash

Dinner, Music, Dancing & Door Prizes. Free to seniors 55 +

You must sign up before Sept. 11th.

Save the Dates: (more information will follow)

October 11: Information Fair at Boonville YVEDDI office. 1 p.m. to 3:30 p.m.

October 18: Day Trip to Fruit Cake Factory & Hamrick's in Greensboro

October 19: Senior Fun Day at Yadkinville United Methodist Church.

October 30: Single Mingle at Jonesville Senior Center (Costume Party)

Flu Shots (date to be announced)

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 FACE-

BOOK. If you would like to receive our newsletter via email please email sjohnson@yveddi.com.

Please call 336-526-1087 for more information!

Information for Services, Referrals & Assistance

Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- Legal Services
- General and Medical Transportation
- Home Repair/Modification
- Medicare Parts A, B and D
- Congregate Meals/Home Delivered Meals
- Disaster Preparedness
- Report Suspected Abuse, Neglect or Exploitation
- Senior Games
- Telephone Reassurance
- Job Training/Placement
- Durable Equipment/Assistive Devices


Services Offered Through Information, Referral and Assistance:

- Housing Assistance
- Reverse Mortgage Counseling
- Home Health Services/In-home Aide Services
- Medicaid Benefits
- Social Security Benefits
- Long-term Care Facilities
- Rehabilitation Services
- Respite
- Energy Assistance
- Food Distribution
- Adult Day Care
- Mental Health
- Hospice Care

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



SEPTEMBER 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>3 CLOSED Labor Day</p>	<p>4 8:30 Best Value Hearing 9:30 My Journey 10:00 Healthy Bingo 11:00 Hospice 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>5 10:00 Nutrition Bingo 12:30 Prayer Shawls</p>	<p>6 9:00 Sewing \$ 9:00 Scrapbook \$ - (Cancelled this week) 9:00 Local News w/Tribune 10:00 Brain Games Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner</p>	<p>7 9:00 Coffee/Games 9:30 Craft Time 9:30 -11:30 Pickleball</p>
<p>10 9:00 Coffee Chat 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>11 9:30 My Journey 10:00 Healthy Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$ 5:00 Single Mingle at East Bend</p>	<p>12 10:00 Nutrition Bingo 12:30 Prayer Shawls</p>	<p>13 9:00 Sewing \$ 9:00 Local News w/Tribune 10:00 Brain Games 11:00 Officer Diaz Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improver</p>	<p>14 9:00 Coffee/Games 9:30 Craft Time 9:30 -11:30 Pickleball</p>
<p>17 9:00 Coffee Chat 10:00 Flexercise 10:30 BP Checks 10:00 Line Dancing \$ 10:00 Quilting 4:00 Food and Fellowship 6:00 Clogging \$</p>	<p>18 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>19 10:00 Nutrition Bingo 12:30 Prayer Shawls</p>	<p>20 9 Sewing \$ 9 Local News w/Tribune 10:00 Brain Games 11:00 Officer Diaz – cancelled this week Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improver</p>	<p>21 9:00 Coffee/Games 9:30 Craft Time 9:30 -11:30 Pickleball</p>
<p>24 9:00 Coffee Chat 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>25 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 \$ 5:00 Beach Bash Yadkin County Senior Center</p>	<p>26 10:00 Nutrition Bingo 11:15 PAC Meeting 12:30 Prayer Shawls</p>	<p>27 9 Sewing \$ 9 Local News w/Tribune 10:00 Birthday Band Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improver</p>	<p>28 9:00 Coffee/Games 9:30 Craft Time 9:30 -11:30 Pickleball</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.