



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 2018

Important Announcements:

Hello,

Hope all of you enjoyed October! It went by in a FLASH! Time to get ready for cooler nights and warm meals. During this time of year, please remember the less fortunate. The winter months are sometimes long and very taxing, especially on those who have lost their companions. Reach out to include them as much as possible to bless them with a little kindness. I'm sure you won't regret it.

- YVSC Staff

Announcements

November 27th at 5 PM - Single Mingle Dinner & Dance

For singles, including widows & widowers. Must sign up by November 20th.

FREE! Thanks to our sponsors AARP and Mark Hensley.

Venue: Yadkin County Senior Center

207 East Hemlock Street

Yadkinville, NC 27055

November Closings:

November 6th - Closed for Voting

November 12th - Closed for Veteran's Day

November 22nd and 23rd - Closed for Thanksgiving

Mark your calendar!

December 11th - Holly Jolly Christmas Party \$10 per person. Tickets will go on sale November 12th. More details in the next newsletter.

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!

Happy Thanksgiving!



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



NOVEMBER 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 9:00 Sewing \$ 9:00 Scrapbooking \$ 9:00 News Tribune 10:00 Brain Games Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improver 7:30 YVTR</p>	<p>2 9:00 Coffee/Games 9:30 Crafting 9:30 -11:30 Pickleball 9:30</p>
<p>5 9:00 Coffee Chat 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>6 CLOSED Voting Site</p> 	<p>7 10:00 Nutrition Bingo 12:30 Prayer Shawls</p>	<p>8 9:00 Sewing \$ 9:00 News Tribune 10:00 Brain Games Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improver</p>	<p>9 9:00 Coffee/Games 9:30 Craft Time 9:30 -11:30 Pickleball</p>
<p>12 CLOSED Veteran's Day</p> 	<p>13 9:30 My Journey 10:00 Healthy Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>14 10:00 Nutrition Bingo 12:30 Prayer Shawls</p>	<p>15 9:00 Sewing \$ 9:00 News Tribune 11:00 Officer Diaz Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improver</p>	<p>16 9:00 Coffee/Games 9:30 Craft Time 9:30 -11:30 Pickleball</p>
<p>19 9:00 Coffee Chat 10:00 Flexercise 10:30 BP Checks 10:00 Line Dancing \$ 1:00 Quilting 4:00 Food and Fellowship 6:00 Clogging \$</p>	<p>20 10:30 Linda's Exercise 11:00 Vaya Health 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>21 10:00 Nutrition Bingo 12:00 Thanksgiving Party 12:30 Prayer Shawls</p>	<p>22 CLOSED Thanksgiving</p> 	<p>23 CLOSED Thanksgiving</p>
<p>26 9:00 Coffee Chat 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>27 10:00 Cigna Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 5:00 Single Mingle! Yadkin County Senior Center 7:00 Beginner -Shag 1 \$ 7:45 Shag 2 \$</p>	<p>28 10:00 Nutrition Bingo 12:30 Prayer Shawl</p>	<p>29 9 Sewing \$ 9 Local News w/Tribune 10:00 Brain Games 11:00 Birthday Band Yadkin Valley Dancers: 5:00 beginner 6:00 beyond beginner 7:00 Improver</p>	<p>30 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.