



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 2018

Important Announcements:



Happy Autumn!

We have enjoyed the hot summer days and are ready to embrace the cooler evenings. We have some fun events planned for the next few weeks that we would love for you to participate in!

Check it out:

October 3 from 9:00am to 10:30a.m.: Flu Shots

October 11: Information Fair -Flu Shots by D-Rex Pharmacy starting at 12:30 p.m. (please bring your insurance card) Information on Medicare and Part D, SHIP, PTRC, Ombudsman, Advocacy, Healthy Living, Alzheimer's, Nursing Home & In-Home Aide, Veterans Affairs, Senior Services - SNAP, AARP, Weatherization Program, Meals-on-Wheels, Legal Services, and Transportation Services will be available. Transportation will be available from your Senior Center. Must inform staff of need for transportation.

YVEDDI District Office ▪ 533 N. Carolina Ave. Hwy. 601N ▪ Boonville, NC 27011

October 15: Fellowship Supper Guests are asked to bring a dish of food to share with friends, such as a casserole or dessert

October 18: Day Trip to Southern Supreme Fruit Cake Factory & Hamrick's in Greensboro - The last day to sign up is October 5th. See YVSC staff if you have questions.

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

October 30 at 5 PM - Single's Mingle Costume Party Dinner & Dance will be held at the Yadkin Valley Senior Center. \$5 per person. For all single people, widows & widowers.

Wear your Halloween Costume!! There will be a prize for the best costume!

Dinner includes: Chicken Stew and dessert! We will have music and dancing! **YOU MUST SIGN UP BY FRIDAY OCTOBER 23rd**

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 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





OCTOBER 2018

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9:00 Coffee Chat 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>2</p> <p>8:30 Best Value Hearing 9:30 My Journey 10:00 Healthy Bingo 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>3</p> <p>10:00 Nutrition Bingo 12:30 Prayer Shawls</p>	<p>4</p> <p>9:00 Sewing \$ 9:00 Scrapbooking \$ 9:00 Local News w/Tribune 10:00 Brain Games Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improver 7:30 YVTR</p>	<p>5</p> <p>9:00 Coffee/Games 9:30 Craft Time 9:30 -11:30 Pickleball</p>
<p>8</p> <p>9:00 Coffee Chat 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>9</p> <p>8:30 Best Value Hearing 9:30 My Journey 10:00 Healthy Bingo 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>10</p> <p>10:00 Nutrition Bingo 12:30 Prayer Shawls</p>	<p>11</p> <p>9:00 Sewing \$ 9:00 Scrapbook \$ 9:00 Local News w/Tribune 10:00 Brain Games 1:00 Information Fair Yveddi Yadkin Valley Dancers 5:00 beginner 6:00 beyond beginner 7:00 Improver</p>	<p>12</p> <p>9:00 Coffee/Games 9:30 Craft Time 9:30 -11:30 Pickleball</p>
<p>15</p> <p>9:00 Coffee Chat 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 4:00 Fellowship Meal 6:00 Clogging \$</p>	<p>16</p> <p>9:30 My Journey 10:00 Healthy Bingo 10:30 Linda's Exercise 11:00 Vaya Health 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>17</p> <p>10:00 Nutrition Bingo 12:30 Prayer Shawls</p>	<p>18 DAY TRIP</p> <p>8:30 Southern Supreme Trip 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>19</p> <p>9:00 Coffee/Games 9:30 Craft Time 9:30 -11:30 Pickleball 1:30 -3:30 Senior Fun Day at Yadkin Methodist Church</p>
<p>22</p> <p>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>23</p> <p>9:30 My Journey 10:30 Linda's Exercise 11:00 Cigna Bingo 5:00 Weight Watchers Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>24</p> <p>10:00 Nutrition Bingo 12:30 Prayer Shawls</p>	<p>25</p> <p>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>26</p> <p>9:00 Coffee/Games 9:30 Craft Time 9:30 -11:30 Pickleball</p>
<p>29</p> <p>9:00 Coffee Chat 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>30</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 \$ 5:00 Single Mingle at YVSC</p>	<p>31</p> <p>10:00 Nutrition Bingo 12:30 Prayer Shawls</p>	<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>	

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.