



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

December 2018

Important Announcements:

Hi Everyone!

Looks like the holidays have slipped up on us and so did the cold weather!
Come join us for some fun times and Christmas Cheer!

December 1st "Christmas in the Park"

Vendors and performers from Yadkin and Wilkes Senior Centers. Event may be moved inside the senior center depending on weather.

December 11th - Holly Jolly Christmas Party at 5:00 pm

\$10 per person. Get your Ticket NOW. Must have ticket to enter.

Entertainment by the Dennis Tolbert Band.

Catered meal of turkey, dressing, mashed potatoes, gravy, baked beans, coleslaw, roll and dessert. NO take outs

Lots of Door prizes! Must be present to win.

December 17th - (Ongoing: 3rd Monday at 4:00 p.m.) Fellowship Meal

You MUST sign up for this dinner. This is a time of fellowship and celebration for all the good things in life. Each guest is asked to bring a favorite side dish can be dessert, casserole, vegetables etc. to share with the others.

The Senior Center will supply paper products and drinks.

December Closings:

December 24 through January 1st - Christmas & New Year Holiday

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!



Merry Christmas and Happy New Year from all of us at YVEDDI

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



DECEMBER 2018

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9:00 Coffee Chat 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>4</p> <p>8:00 Best Value Hearing 10:00 Healthy Bingo/Brain Games 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>5</p> <p>10:00 Nutrition Bingo /Brain Games 12:30 Prayer Shawls</p>	<p>6</p> <p>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>7</p> <p>9:00 Coffee/Games 9:30 Craft Time 9:30 -11:30 Pickleball</p>
<p>10</p> <p>9:00 Coffee Chat 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>11</p> <p>10:00 Healthy Bingo/Brain Games 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$ Holly Jolly Christmas Party 5:00 Yadkin Senior Center \$10 per ticket, due by Wednesday Dec 5th</p>	<p>12</p> <p>10:00 Nutrition Bingo /Brain Games 12:30 Prayer Shawls Prayer Shawl Dedication</p>	<p>13</p> <p>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>14</p> <p>9:00 Coffee/Games 9:30 Craft Time 9:30 -11:30 Pickleball</p>
<p>17</p> <p>9:00 Coffee Chat 10:00 Flexercise 10:30 BP Checks 10:00 Line Dancing \$ 11:00 Quilting 4:00 Fellowship Dinner 6:00 Clogging \$</p>	<p>18</p> <p>10:00 Healthy Bingo/Brain Games 10:30 Linda's Exercise 11:30 Vaya Health 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>19</p> <p>10:00 Nutrition Bingo /Brain Games 12:30 Prayer Shawls</p>	<p>20</p> <p>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>21</p> <p>9:00 Coffee/Games 9:30 Craft Time 9:30 -11:30 Pickleball</p>
<p>24</p> <p>CLOSED</p>	<p>25</p> <p>CLOSED MERRY CHRISTMAS!</p>	<p>26</p> <p>CLOSED</p>	<p>27</p> <p>CLOSED</p>	<p>28</p> <p>CLOSED</p>
<p>31</p> <p>CLOSED</p>			 <p>YVEDDI YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.</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.