



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 2019

## Important Announcements:

### Happy February!

I hope that all of you have been staying warm and cozy over the last month. Brrrrr! We are doing our best to stay busy here at YVSC with bingo, dancing, exercising and most of all spending time with our friends. As always, you have an open invitation to join us! Please call or see one of our staff to register and the fun begins!



### Here are a couple of activities for this month:

**February 14th (after lunch) 12:00 Valentines Party!** Bring your favorite snack to share! We plan to have music and play games!

### February 18 at 4:00pm : Fellowship Meal - Free

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.

### February 20th at 1:30pm Prayer Shawl Dedication

Light refreshments will be served after the dedication.

### February 21 @ 5:00 p.m. Annual Valentines Dance/Senior Mingle

Location: East Bend Senior Center \$10 per person! Dinner includes country style steak and gravy, green beans, mashed potatoes and bread. Entertainment by everyone's favorite, Stan Bobbitt and Jeannamarie. Door Prizes! You MUST purchase your ticket by Feb. 19th for this event. Please see your senior center manager.

**Tax preparation :** Offered at the Elkin Library (336) 835-5535 and the Booneville Library (336) 367-7737 by appointment only. This service is free to anyone who makes less than \$55,000 a year. Please call the library to make an appointment or call the Senior Center for assistance at (336) 526-1087.

**Coming in March - Veteran's Coffee 8:30am.** More info in next month's newsletter!

**Inclement Weather Policy:** The Yadkin Valley Senior Center follows the same inclement weather closings as the Yadkin County School System. Meals on Wheels cancellation announcements will listed at the bottom of the screen on WXII and FOX.

### 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



# FEBRUARY 2019

Mon	Tue	Wed	Thu	Fri	
	<p>Lunch is served daily at 11:30 for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more information.</p>			<p>1 9:00 Coffee/Games 9:30 -11:30 Pickleball</p>	
	<p>4 9:00 Coffee Chat 10:00 Flexercise <b>(Exercise 1)</b> 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>5 10:00 Bingo - Preparing for Snow/Ice <b>(Safety 1)</b> 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>6 10:00 Bingo - Safe food practices during power outages <b>(Nutrition 1)</b> 12:30 Prayer Shawl Group</p>	<p>7 9:00 Sewing \$ 9:00 <b>Rook-New Activity!</b> 9:00 Scrapbooking \$ 10:00 Brain Games 10:00 Bible Study Yadkin Valley Dancers 5:00 Beginner Beginner 6:00 Beyond Beginner 7:00 Improver 7:30 YVTR</p>	<p>8 9:00 Coffee/Games 9:30 -11:30 Pickleball</p>
	<p>11 9:00 Coffee Chat 10:00 Flexercise <b>(Exercise 2)</b> 10:00 Line Dancing \$ 11:00 Quilting 4:00 Fellowship Dinner 6:00 Clogging \$</p>	<p>12 10:00 Bingo - Preventing the spread of disease - mice, bugs etc. <b>(Health1)</b> 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>13 10:00 Bingo - Safety issues in the home. <b>(Safety 2)</b> 12:30 Prayer Shawl Group</p>	<p>14 9:00 Sewing \$ 9:00 <b>Rook-New Activity!</b> 10:00 Bible Study 12:00 Valentine's Party Yadkin Valley Dancers 5:00 Beginner Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>15 9:00 Coffee/Games 9:30 -11:30 Pickleball</p>
	<p>18 9:00 Coffee Chat 10:00 Flexercise <b>(Exercise 3)</b> 10:30 BP Checks <b>(Health 2)</b> 10:00 Line Dancing \$ 11:00 Quilting 4:00 Fellowship Dinner 6:00 Clogging \$</p>	<p>19 10:00 Cigna Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>20 10:00 Bingo - Food for Thought Healthy Choices <b>(Nutrition 2)</b> 12:30 Prayer Shawl Group</p>	<p>21 9:00 Sewing \$ 9:00 Domestic Violence 10:00 Bible Study 10:15 Vaya Health 12:00 <b>Rook-New Activity!</b> Yadkin Valley Dancers 5:00 Beginner Beginner 6:00 Beyond Beginner 7:00 Improver <b>Senior Mingle/Valentines</b></p>	<p>22 9:00 Coffee/Games 9:30 -11:30 Pickleball</p>
	<p>25 9:00 Coffee Chat 10:00 Flexercise <b>(Exercise 4)</b> 10:00 Line Dancing \$ 11:00 Quilting 4:00 Fellowship Dinner 6:00 Clogging \$</p>	<p>26 10:00 Bingo- 10:30 Linda's Exercise 11:30 Vaya Health 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>27 10:00 Bingo 12:30 Prayer Shawl Group</p>	<p>28 9:00 Sewing \$ 9:00 <b>Rook-New Activity!</b> 10:00 Bible Study 10:00 Officer Diaz Yadkin Valley Dancers 5:00 Beginner Beginner 6:00 Beyond Beginner 7:00 Improver</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.