



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 2019

Important Announcements:



Hello!

Hope everyone is doing well. We have been trying to stay dry and out of the mud! Check out the fun month we have planned!

Happy St. Patrick's Day!

YVSC Staff

March 1-31st Senior Games Registration \$10 fee includes goody bag with tee shirt, all games and silvers follies show meals at each event. Golf and Bowling cost extra. See the senior center manager for your form or go to torch.ncseniorgames.org to complete online.

March 8th Veteran's Coffee 8:30am. Veterans of all ages, male and female, regardless of when or where they served are invited. Free coffee, doughnuts and conversation. Sponsored by Trellis Supportive Care. Invite a Veteran to come with you! Future dates are: 6/14/19, 9/13/19, 11/08/19.

March 18th 12:00pm St. Patrick's Day Party. Please bring a snack to share while we play games! Rook, UNO, Dominoes, Scrabble—the possibilities are almost endless.

March 18th 4pm -Fellowship Meal at Yadkin Valley Senior Center. This meal is free but we ask that you bring a side dish, bread, soda or dessert to share. This is a time for fellowship and fun. We will be playing Bingo so bring plenty of quarters! Special thanks to our friends, who wish to remain anonymous who graciously donate this monthly meal .

March 21st DAY TRIP with East Bend Senior Center. Bojangle's for breakfast, Hamricks for shopping, K&W for lunch and then off to the Amish Store Free transportation. Breakfast, lunch and shopping on your own. Must register by March 14th.

March 25 at 5:00 p.m. Senior Mingle at Yadkin Valley Senior Center Seniors only. Married, widowed and single seniors welcome. Must sign up by March 18th. Please see your senior center manager or call to register as we must have an accurate count. No walk-ins as this event will be catered based on the number of seniors that sign up. Special thanks to Common Wealth Senior Living and Liberty Home Health for sponsoring our event!

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



MARCH 2019

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 Coffee/Games 9:30 -11:30 Pickleball</p>
<p>4 9:00 Coffee Chat 10:00 Flexercise (Exercise 1) 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>5 10:00 Bingo Safety at Home (Safety 1) 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 (Nutrition 1) 12:30 Prayer Shawl Group</p>	<p>7 9:00 Sewing \$ 9:00 Scrapbooking \$ 10:00 Games/Rook 10:00 Bible Study 10:30 DSS Senior Security Yadkin Valley Dancers 5:00 Beginner Beginner 6:00 Beyond Beginner 7:00 Improver 7:30 YVTR</p>	<p>8 8:30 Veteran's Coffee Meeting 9:00 Coffee/Games 9:30 -11:30 Pickleball</p>
<p>11 9:00 Coffee Chat 10:00 Flexercise (Exercise 2) 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>12 10:00 Bingo Preventing Colds (Health 1) 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>13 10:00 Bingo Fall Prevention (Safety 2) 12:30 Prayer Shawl Group</p>	<p>14 9:00 Sewing \$ 9:00 Rook 10:00 Bible Study 12:00 St. Patrick's Party Yadkin Valley Dancers 5:00 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 (Exercise 3) 10:30 BP Checks (Health 2) 10:00 Line Dancing \$ 11:00 Quilting 12 St Patrick's Party 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 (Nutrition 2) 12:30 Prayer Shawl Group</p>	<p>21 Day Trip 9:00 Sewing \$ 9:00 Domestic Violence 10:00 Bible Study 12:00 Rook Yadkin Valley Dancers 5:00 Beginner Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>22 9:00 Coffee/Games 9:30 -11:30 Pickleball</p>
<p>25 9:00 Coffee Chat 10:00 Flexercise (Exercise 4) 10:00 Line Dancing \$ 11:00 Quilting 5:00 Senior Mingle Free 6:00 Clogging \$</p>	<p>26 10:00 Bingo 10:30 Linda's Exercise 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 Rook 10:00 Bible Study 10:00 Officer Diaz 11:30 Vaya Health Yadkin Valley Dancers 5:00 Beginner Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>29 9:00 Coffee/Games 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.