



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

APRIL 2019

Important Announcements:

Hello!

It's finally Spring! How nice it is to see the flowers blooming and hear the birds singing. "I see trees of green, red roses too I see them bloom for me and you, and I think to myself what a wonderful world..." (Louis Armstrong, 1967) I hope all of you can find something at our center to get involved in, just plant yourself and grow some roots here. We would love to see you! Wishing all of you have a Happy Easter and prayers for those who will have the first Easter without someone you love.

YVSC Staff

April 15th at 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. Please contact the Yadkin Valley Senior Center to register. We only order enough for those who have signed up.

April 23 at 5 pm: Senior Mingle at the Yadkin County Senior Center!

Location: 207 East Hemlock Street ▪ Yadkinville, NC 27055

\$7.50 per person. Pay at the door but must call to make reservations by the April 18th. No walk-ins as this event will be catered based on the number of seniors that sign up.

Transportation will be provided if needed.

Dinner includes: Meatloaf, mashed potatoes, green beans, rolls, and carrot cake

April 27th from 2 to 7 PM-YVEDDI 2nd Annual Classic Car Show & Live Band

\$5 Admission or Free Admission with purchase of a \$10 Raffle Ticket (children under 12 free) Raffle ▪ Prizes ▪ Music ▪ Food Trucks

Bring a lawn chair ▪ NO COOLERS ALLOWED

Yadkin Valley Economic Development District Inc. (YVEDDI)

533 N. Carolina Ave. Hwy. 601N ▪ Boonville, NC

April 30th: Day Trip

Shatley Springs, Tanger Outlets and Blowing Rock for shopping.

\$15 per person. \$25 non-registered transportation participants. Includes breakfast, tax and tip, & transportation. Shopping on your own.

(in collaboration with the East Bend Senior Center)

Happy Easter!



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



APRIL 2019

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9:00 Coffee Chat 10:00 Flexercise (E1) 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>2</p> <p>9:00 Coffee Chat 10:00 Bingo (N1) 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>3</p> <p>9:00 Coffee Chat 10:00 Bingo 12:30 Prayer Shawl Group</p>	<p>4</p> <p>9:00 Coffee Chat 9:00 Sewing \$ 9:00 Scrapbooking \$ 10:00 Bible Study 10:00 Insight (S1) 12:00 Rook <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver 7:30 YVTR</p>	<p>5</p> <p>9:00 Coffee Chat 9:00 Games/Crafts 9:30 -11:30 Pickleball</p>
<p>8</p> <p>9:00 Coffee Chat 10:00 Flexercise (E2) 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>9</p> <p>9:00 Coffee Chat 10:00 Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>10</p> <p>9:00 Coffee Chat 10:00 Bingo (N2) 12:30 Prayer Shawl Group</p>	<p>11</p> <p>9:00 Sewing \$ 9:00 Scrapbooking \$ 10:00 Games/Rook 10:00 Bible Study 10:00 Bingo (Parkwood/Transitions) <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>12</p> <p>9:00 Coffee Chat 9:00 Games/Crafts 9:30 -11:30 Pickleball</p>
<p>15</p> <p>9:00 Coffee Chat 10:00 Flexercise (E3) 10:30 BP Checks (H1) 10:00 Line Dancing \$ 11:00 Quilting 4:00 Fellowship Supper 6:00 Clogging \$</p>	<p>16</p> <p>9:00 Coffee Chat 10:00 Cigna Bingo (S2) 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>17</p> <p>9:00 Coffee Chat 10:00 Bingo (S3) 12:30 Prayer Shawl Group</p>	<p>18</p> <p>9:00 Sewing \$ 9:00 Rook 10:00 Bible Study 10:30 Officer Diaz (S4) <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>19</p> <p>CLOSED Good Friday</p>
<p>22</p> <p>9:00 Coffee Chat 10:00 Flexercise (E4) 10:30 BP Checks (H1) 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>23</p> <p>9:00 Coffee Chat 10:00 Vaya Bingo (H2) 10:30 Linda's Exercise 5:00 Weight Watchers 5:00 Senior Mingle at YCSC 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>24</p> <p>9:00 Coffee Chat 10:00 Bingo (S5) 12:30 Prayer Shawl Group</p>	<p>25</p> <p>9:00 Sewing \$ 10:00 Bible Study 12:00 B-Day Party 12:00 Rook <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>26</p> <p>9:00 Coffee Chat 9:00 Games/Crafts 9:30 -11:30 Pickleball</p>
<p>29</p> <p>9:00 Coffee Chat 10:00 Flexercise (cancelled) 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>30</p> <p>Day Trip Shatley Springs 9:00 Coffee Chat 10:00 Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</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.