



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

May 2019

Important Announcements:

May 14th at 5 pm: Senior Mingle (pre-registration required by May 10)

Location: **East Bend Senior Center**

Free event, donations will be accepted and appreciated.

Transportation will be provided if needed. Please notify your senior center manager to arrange transportation. Dinner includes: Pinto's, Cornbread, Sauerkraut/Wieners & Dessert

May 20th at 4pm-Fellowship Meal (3rd Monday of each month)

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.

May 30th Day Trip to Billy Graham Library with the Surry Senior Center.

Please contact Missy Whitaker at 336-415-4225 for more information or to register.

Upcoming Events:

June 15th :(Inside) Mobile Medical Supply Unit event. Details coming soon. Watch our Facebook page for updates!

June 15th:Yardsale (inside) at Yadkin Valley Senior Center. All proceeds benefit the Yadkin Valley Senior Center. Donation of new or gently used items would be greatly appreciated. Please do not drop off bags of unwanted/non-usable items. If you have donations, come by during regular business hours 8:00 am to 4:30 pm M-F to meet with staff as items must be stored before the event.

On-going Fundraiser-Raffle tickets for Log Cabin Quilt and Crocheted Throw:

Tickets \$1 each or 6 or \$5. Drawing to be held on June 24th during the Senior Mingle at Yadkin Valley Senior Center in Jonesville.

June 24th Senior Mingle This event will be a cookout! Free event, donations will be accepted and appreciated. For Seniors 60 and over, couples and singles. Must register with your Senior Center Manager.

Remembering the men and women who died while serving our country. Happy Memorial Day!



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



MAY 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/Fellowship 10:00 Bingo 12:30 Prayer Shawl Group</p>	<p>2 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:00 Scrapbooking \$ (Cancelled) 10:00 Insight (S1) 12:00 Rook Yadkin Valley Dancers 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver 7:30 YVTR</p>	<p>3 9:00 Coffee/Fellowship 9:00 Cleaning Day 9:30 -11:30 Pickleball 10:00 Gardening Fun</p>
<p>6 9:00 Coffee/Fellowship 10:00 Flexercise (E2) 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>7 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>8 9:00 Coffee/Fellowship 10:00 Bingo (N2) 12:30 Prayer Shawl Group</p>	<p>9 9:00 Sewing \$ 9:00 Scrapbooking 10:00 Rook Yadkin Valley Dancers 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>10 9:00 Coffee/Fellowship 9:00 Cleaning Day 9:30 -11:30 Pickleball 10:00 Gardening Fun</p>
<p>13 9:00 Coffee/Fellowship 10:00 Flexercise (E3) 10:30 BP Checks (H1) 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>14 9:00 Coffee/Fellowship 10:00 Cigna Bingo (S2) 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$ Senior Mingle 5pm East Bend</p>	<p>15 9:00 Coffee/Fellowship 10:00 Bingo (S3) 12:30 Prayer Shawl Group</p>	<p>16 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:00 Rook 10:30 Officer Diaz (S4) Yadkin Valley Dancers 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>17 9:00 Coffee/Fellowship 9:00 Cleaning Day 9:30 -11:30 Pickleball 10:00 Gardening Fun</p>
<p>20 9:00 Coffee/Fellowship 10:00 Flexercise (E4) 10:30 BP Checks (H1) 10:00 Line Dancing \$ 11:00 Quilting 4:00 Fellowship Meal 6:00 Clogging \$</p>	<p>21 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>22 9:00 Coffee/Fellowship 10:00 Bingo 12:30 Prayer Shawl Group</p>	<p>23 9:00 Sewing \$ 10:15 Vaya Health 12:00 Rook <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>24 9:00 Coffee/Fellowship 9:00 Cleaning Day 9:30 -11:30 Pickleball 10:00 Gardening Fun</p>
<p>27 CLOSED Memorial Day</p>	<p>28 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>29 9:00 Coffee/Fellowship 10:00 Bingo 12:30 Prayer Shawl Group</p>	<p>30 9:00 Coffee/Fellowship 9:00 Sewing \$ 12:00 B-Day Party 12:00 Rook Yadkin Valley Dancers 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>31 9:00 Coffee/Fellowship 9:00 Cleaning Day 9:30 -11:30 Pickleball 10:00 Gardening Fun</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.