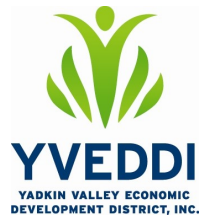




YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

JUNE 2019

Important Announcements:

Hello!

Hope all of you are doing well! We are ready for some good old fashioned Summer Fun! Here are a few activities we have lined up. Check out our Facebook page for other news and events!

Wednesday, June 5th at 1:00 pm: Hospice Prayer Shawl Dedication

Friday, June 14th at 8:30 am: Veterans Coffee

Saturday, June 15th: Yard Sale There will be vendors set up and baked items for sale in addition to clothing and household items. Donations 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 M-F 8:00 am to 4:30 pm to see us! All proceeds benefit the Yadkin Valley Senior Center.

Saturday, June 15th 9 AM to 2 PM

FREE Over-the-Counter Medicine Give-Away Event!

- Take Home FREE Over-the-Counter Medicine items!
- Find out more about NC Med-Assist Free Pharmacy Program
- Free Health Screenings

OTC items include: cold, cough and flu medicine, band-aides, pain and allergy relief, vitamins and children's medicine, and much more while supplies last!

No ID Required-Must be 18 or older. For more information visit: www.medassist.org



Monday, June 17th 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. Must sign up! We only order enough for those who have signed up.

June 24th Monday at 5 pm: Senior Mingle Cookout (Free)

Pre-registration required by June 14th

Free event but donations will be accepted and appreciated.

Hamburgers and Hotdogs! Sidewalk Chalk Drawing Contest! Wet T-shirt Contest (sort of)

Sponsored by Woodman of the World and Pepsi Bottling Ventures

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

\$1 each or 6 for \$5. Drawing to be held June 24th during the Senior Mingle Cookout!

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



JUNE 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>3 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>4 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>5 9:00 Coffee/Fellowship 10:00 Bingo (Cigna) 12:30 Prayer Shawl Group 1:00 Prayer Shawl Dedication</p>	<p>6 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:00 Scrapbooking 9:30 Rook 11:00 Fire Department <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver 7:30 Yadkin Valley Trail Riders</p>	<p>7 8:00 Gardening 9:00 Coffee/Fellowship 9:30 -11:30 Pickleball</p>
<p>10 9:00 Coffee/Fellowship 10:00 Flexercise 10:30 BP Checks 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>11 9:00 Coffee/Fellowship 10:00 Cigna Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>12 9:00 Coffee/Fellowship 10:00 Bingo 12:30 Prayer Shawl Group</p>	<p>13 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>14 8:00 Gardening 8:30 Veteran's Coffee 9:00 Coffee/Fellowship 9:30 -11:30 Pickleball Yardsale tomorrow! >>>>> June 15th</p>
<p>17 9:00 Coffee/Fellowship 10:00 Flexercise 10:30 BP Checks 10:00 Line Dancing \$ 11:00 Quilting 4:00 Fellowship Meal 6:00 Clogging \$</p>	<p>18 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>19 9:00 Coffee/Fellowship 10:00 Bingo 12:30 Prayer Shawl Group</p>	<p>20 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook 10:30 Deputy Diaz <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>21 8:00 Gardening 9:00 Coffee/Fellowship 9:30 -11:30 Pickleball</p>
<p>24 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 5 Senior Mingle 6:00 Clogging \$</p>	<p>25 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>26 9:00 Coffee/Fellowship 10:00 Bingo 12:30 Prayer Shawl Group</p>	<p>27 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook 9:30 Vaya Health 12:00 B-Day Party <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>28 9:00 Coffee/Fellowship 9:00 Cleaning Day 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.