



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

August 2019

Important Announcements:

Hi Friends!

Hope all of you are having a fantastic Summer! We are doing our best to stay active and healthy at the Yadkin Valley Senior Center! Come join us for dance classes– shag, clogging and line dancing, sewing, quilting, exercise, Flexercise, Rook, Scrabble and lots of informative programs specifically for those young people over 60.

Last and certainly not least we play BINGO every Tuesday and Wednesday at 10:00AM. Please don't sit at home alone, we consider each other as family and you have an open invitation to join us!

YVSC STAFF

Important Dates:

August 13th at 5 pm: Senior Mingle

Pre-registration required by: August 12th with your Senior Center Manager!

Dinner: Sandwiches, Chips and Ice Cream

Location: East Bend Senior Center - 473 E Main St, East Bend, NC 27018

Free event but donations are accepted and appreciated.

Special Singers, Loretta Wimmer & Jennifer Wooten

Sponsored by: Woodmen Life

Monday, August 19th 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 by Wednesday August 14th. We only order enough for those who have signed up.

Indoor Yard Sale Update

Event held on June 15, 2019

Raised just over \$300.00

Thanks to everyone who donated items for this event!

And the Winner is...

Quilt Raffle

Winner: Tammy Dowell

Raised: \$625.00

Drawing held on June 24, 2019

Proceeds benefit the Yadkin Valley Senior Center

Crocheted Throw Raffle

Winner: Ramona Pardue

Raised: \$20.00

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





Prayer Shawl Dedication

The YVEDDI Yadkin Valley Senior Center held a Prayer Shawl Dedication on June 5, 2019.

Thanks to our volunteers who made these beautiful prayer shawls, 159 Prayer Shawls were given to Mountain Valley Hospice.

If you are interested in joining the Prayer Shawl Group, please contact the Yadkin Valley Senior Center at (336) 526-1087 or Sherry Gibson, Volunteer Coordinator at (336) 677-1692.



YVEDDI RSVP Volunteer Appreciation and Awards

April 29, 2019

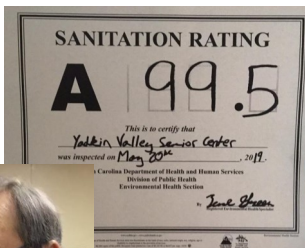
Surry County Commissioner and Chairman of the YVEDDI Board of Directors, Eddie Harris recognized Ivan Orta-Gonzalez, one of the top volunteers who had logged more than 600 hours of service this past year. Mr. Orta-Gonzalez volunteers at the Jonesville Nutrition Site.



Senior Mingle July 23, 2019 at the Yadkinville Senior Center



So proud of Yadkin Valley Nutrition Site Manager, Butch Casstevens. Working hard to keep our seniors safe! Thanks for going above and beyond. Your diligence is appreciated!



The Yadkin Valley Senior Center was honored to host the **Blue Ridge Christian School** from Sparta for "A Day at the Senior Center".

Lori Moore of Yadkin County Senior Center, Rhonda Beavers of East Bend Senior Center and Sandra Johnson of Yadkin Valley Senior Center did an extensive sensitivity training to the non-elderly.



We used cotton balls to mimic hearing loss, reading glasses with hairspray and stickers to hinder vision and exemplify cataracts and lastly we let the kids experience nephropathy by putting popcorn kernels in their shoes.


They played BINGO, they had a dance party, they heard about the efforts of recycling with our rain barrel garden and they learned how to crochet a chain with our Prayer Shawl Group.

They brought their lunch and ate with us and chatted away. What a Great Day!



Ray Atkins with NC Beltone also join us to call Bingo!

AUGUST 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 9:00 Sewing \$ 9:00 Scrapbooking 9:30 Rook 10:00 Insight <u>Yadkin Valley Dancers</u> 6:00 Beginner 7:00 Beyond Beginner 8:00 Improver 7:30 Yadkin Valley Trail Riders</p>	<p>2 8:00 Gardening 9:00 Coffee/Fellowship 9:30 Game Day 9:30 -11:30 Pickleball</p>	
	<p>5 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>6 8:00 Best Value Hearing 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 5:00 Weight Watchers Shag Classes Start back in September</p>	<p>7 9:00 Coffee/Fellowship 10:00 Bingo (Cigna) 12:30 Prayer Shawl Group</p>	<p>8 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:00 Scrapbooking 9:30 Rook <u>Yadkin Valley Dancers</u> 6:00 Beginner 7:00 Beyond Beginner 8:00 Improver</p>	<p>9 8:00 Gardening 9:00 Coffee/Fellowship 9:30 Game Day 9:30 -11:30 Pickleball</p>
	<p>12 9:00 Coffee/Fellowship 10:00 Flexercise 10:30 BP Checks 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>13 9:00 Coffee/Fellowship 10:00 Cigna Bingo 10:30 Linda's Exercise 5:00 Senior Mingle East Bend 5:00 Weight Watchers Shag Classes Start back in September</p>	<p>14 9:00 Coffee/Fellowship 10:00 Bingo 12:30 Prayer Shawl Group</p>	<p>15 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook 10:30 Officer Diaz <u>Yadkin Valley Dancers</u> 6:00 Beginner 7:00 Beyond Beginner 8:00 Improver</p>	<p>16 8:00 Gardening 9:00 Coffee/Fellowship 9:30 Game Day 9:30 -11:30 Pickleball</p>
	<p>19 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 4:00 Fellowship Meal 6:00 Clogging \$</p>	<p>20 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 5:00 Weight Watchers Shag Classes Start back in September</p>	<p>21 Senior Citizen's Day 9:00 Coffee/Fellowship 10:00 Bingo 12:30 Prayer Shawl Group</p>	<p>22 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook 10:30 Vaya <u>Yadkin Valley Dancers</u> 6:00 Beginner 7:00 Beyond Beginner 8:00 Improver</p>	<p>23 8:00 Gardening 9:00 Coffee/Fellowship 9:30 Game Day 9:30 -11:30 Pickleball</p>
	<p>26 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>27 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 5:00 Weight Watchers Shag Classes Start back in September</p>	<p>28 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook Party 12:30 Prayer Shawl Group</p>	<p>29 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook 10:30 Vaya 12:00 Birthday Party! Yadkin Valley Dancers 6:00 Beginner 7:00 Beyond Beginner 8:00 Improver</p>	<p>30 8:00 Gardening 9:00 Coffee/Fellowship 9:30 Game 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.