



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

JULY 2019

Important Announcements:

Hello Everyone!

Hope you are enjoying your Summer. Here are a few things we have planned at YVSC. Join us when you can!

YVSC Staff



July 4th - Closed!

We celebrate American Independence Day on the Fourth of July every year. We think of July 4, 1776, as a day that represents the Declaration of Independence and the birth of the United States of America as an independent nation.

Monday, July 15th 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.

July 23rd at 5 pm: Senior Mingle/Beach Bash

Dinner: Baked Spaghetti, Salad, Rolls, Dessert, Sweet Tea and Soft Drinks

Location: Yadkin County Senior Center—Yadkinville

Pre-registration required by July 19th!

Free event but donations will be accepted and appreciated.

Entertainment: The Stan Bobbitt Band

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



JULY 2019

Mon	Tue	Wed	Thu	Fri
<p>1 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>2 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 5:00 Weight Watchers Shag Classes Cancelled July</p>	<p>3 9:00 Coffee/Fellowship 10:00 Bingo (Cigna) 12:30 Prayer Shawl Group</p>	<p>4 CLOSED </p>	<p>5 8:00 Gardening 9:00 Coffee/Fellowship 9:30 -11:30 Pickleball</p>
<p>8 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>9 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 5:00 Weight Watchers Shag Classes Cancelled July</p>	<p>10 9:00 Coffee/Fellowship 10:00 Bingo (Cigna) 12:30 Prayer Shawl Group</p>	<p>11 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:00 Scrapbooking 9:30 Rook 11:00 <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver 7:30 Yadkin Valley Trail Riders</p>	<p>12 8:00 Gardening 9:00 Coffee/Fellowship 9:30 -11:30 Pickleball</p>
<p>15 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>16 9:00 Coffee/Fellowship 10:00 Cigna Bingo 10:30 Linda's Exercise 5:00 Weight Watchers Shag Classes Cancelled July</p>	<p>17 9:00 Coffee/Fellowship 10:00 Bingo 12:30 Prayer Shawl Group</p>	<p>18 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook 10:30 Officer Diaz <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>19 8:00 Gardening 9:00 Coffee/Fellowship 9:30 -11:30 Pickleball</p>
<p>22 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>23 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 5:00 Weight Watchers Shag Classes Cancelled July 5pm: Beach Bash Yadkin</p>	<p>24 9:00 Coffee/Fellowship 10:00 Bingo 12:30 Prayer Shawl Group</p>	<p>25 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook 10:30 Vaya <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>26 8:00 Gardening 9:00 Coffee/Fellowship 9:30 -11:30 Pickleball</p>
<p>29 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>30 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 5:00 Weight Watchers Shag Classes Cancelled July</p>	<p>31 9:00 Coffee/Fellowship 9:30 Library Matter of Balance 10:00 Bingo 12:00 Rook Party 12:30 Prayer Shawl Group</p>	<p> YVEDDI YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.</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.