



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2019

Important Announcements:

**September is National Senior Center Month
The Key to Aging Well!**

September 3rd - December 2nd (Every Tuesday) Carolina Shag lessons will be held at 7pm for beginners and at 8pm for those who know the basics. Classes are \$5 each, Ages 19 and under are FREE.

September 10th - 12:00pm 2:00pm Join us for a fun afternoon celebration of National Senior Center Month! Please bring a snack to share. We will be playing cards and board games.

September 13th Veteran's Coffee 8:30am to 10:30am- All veterans are welcome. Private room provided for coffee and fellowship. Sponsored by Trellis Supportive Care
Location: Yadkin Valley Senior Center (Jonesville)

September 16th 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. 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 by September 12th.

September 23rd at 5 pm: Senior Mingle Free but donations are appreciated!
Pre-registration required by: September 16th with your Senior Center Manager!
Dinner: Pizza ,salad, dessert and drink
Location: Yadkin Valley Senior Center (Jonesville)



Christina Smith celebrated her 81st birthday on July 10th. One of our participants brought her this hat for her birthday. Christina collects and wears hats, especially when she attends church.



Veggies from the garden of the Yadkin Valley Senior Center



Goofing off...
Butch Casstevens & Ivan Orta-Gonzalez

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



SEPTEMBER 2019

Mon	Tue	Wed	Thu	Fri
2 CLOSED Labor Day	3 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Hospice 10:30 Linda's Exercise 12:00 Rook 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$	4 9:00 Coffee/Fellowship 10:00 Cigna Bingo 12:00 Rook 12:30 Prayer Shawl Group	5 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 7:30 Yadkin Valley Trail Riders	6 9:00 Coffee/Fellowship 9:30 Game Day 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook
9 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$	10 8:00 Best Value Hearing 9:00 Coffee/Fellowship 10:30 Linda's Exercise 12:00 - Party! National Senior Center Month 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$	11 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group	12 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:00 Scrapbooking 9:30 Rook 10:50 Carter Bank <u>Yadkin Valley Dancers</u> 6:00 Beginner 7:00 Beyond Beginner 8:00 Improver	13 8:30 Veteran's Coffee 9:00 Coffee/Fellowship 9:30 Game Day 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook
16 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 4:00 Fellowship Meal 6:00 Clogging \$	17 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 12:00 Rook 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$	18 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group	19 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	20 9:00 Coffee/Fellowship 9:30 Game Day 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook
23 9:00 Coffee/Fellowship 10:00 Flexercise 10:30 BP Checks 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 5:00 SENIOR MINGLE 6:00 Clogging \$	24 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 12:00 Rook 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$	25 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group	26 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook 10:30 Vaya Health <u>Yadkin Valley Dancers</u> 6:00 Beginner 7:00 Beyond Beginner 8:00 Improver	27 9:00 Coffee/Fellowship 9:30 Game Day 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook
30 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$			Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.	 YVEDDI YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.

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.