



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 2019



## Important Announcements:

### Happy Thanksgiving!

#### November 12th at 5 pm: Senior Mingle

Free but donations are appreciated!

Pre-registration required by **Nov. 7th** with your Senior Center Manager

Dinner: Soup and Grilled Cheese Sandwiches

Location: **East Bend Senior Center**

#### November 18th 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!

**REGISTRATION REQUIRED by: Nov. 13th. *If you don't sign up, you will not have a meal.***

#### December 10th Holly Jolly Senior Christmas Party: (Yadkinville)

More information to follow.

#### Holiday Schedule Closings

Nov. 5th (Voting)

Nov. 11th (Veterans Day)

Nov. 28 & 29 (Thanksgiving)

Dec. 23-Jan. 1, 2020 (Christmas/New Year Holiday)

We will reopen Jan. 2nd

Our Nutrition Site Manager, Butch Casstevens is doing an excellent job keeping our Nutrition Site clean and safe for our participants!



#### 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



# NOVEMBER 2019

| Mon  | Tue   | Wed   | Thu   | Fri   |
|--|---|---|---|---|
|    | <p>Lunch is served daily at 11:30 for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more information.</p>   |   |   | <p>1<br/>9:00 Coffee/Fellowship<br/><b>10:00 Bingo</b><br/>9:30 -11:30 Pickleball<br/>12:00 Rook</p>  |
| <p>4<br/>9:00 Coffee/Fellowship<br/><b>10:00 Flexercise</b><br/>10:00 Line Dancing \$<br/>11:00 Quilting<br/>12:00 Rook<br/>6:00 Clogging \$</p>   | <p>5<br/>CLOSED<br/>(voting)</p>  | <p>6<br/>9:00 Coffee/Fellowship<br/><b>10:00 Bingo/Cigna Health</b><br/>12:00 Rook<br/>12:30 Prayer Shawl Group</p> | <p>7<br/>9:00 Coffee/Fellowship<br/>No Scrap Booking Today<br/>9:00 Sewing \$<br/>9:30 Rook<br/><u>Yadkin Valley Dancers</u><br/>5:00 Beginner<br/>6:00 Beyond Beginner<br/>7:00 Improver</p> | <p>8<br/>9:00 Coffee/Fellowship<br/><b>10:00 Bingo</b><br/>9:30 -11:30 Pickleball<br/>12:00 Rook</p>  |
| <p>11<br/>CLOSED<br/>(Veterans Day)</p>  | <p>12<br/>9:00 Coffee/Fellowship<br/><b>10:00 Bingo /United Health</b><br/>10:30 Linda's Exercise<br/>12:00 Rook<br/>5:00 Weight Watchers<br/>7:00 Beginner Shag 1 \$<br/>7:45 Shag 2 \$<br/><b>5 Senior Mingle</b></p> | <p>13<br/>9:00 Coffee/Fellowship<br/><b>10:00 Bingo/Safety</b><br/>12:00 Rook<br/>12:30 Prayer Shawl Group</p>      | <p>14<br/>9:00 Coffee/Fellowship<br/>9:00 Sewing \$<br/>9:30 Rook<br/><b>10:30</b><br/><u>Yadkin Valley Dancers</u><br/>5:00 Beginner<br/>6:00 Beyond Beginner<br/>7:00 Improver</p>          | <p>15<br/>9:00 Coffee/Fellowship<br/><b>10:00 Bingo</b><br/>9:30 -11:30 Pickleball<br/>12:00 Rook</p> |
| <p>18<br/>9:00 Coffee/Fellowship<br/><b>10:00 Flexercise</b><br/><b>10:30 BP Checks</b><br/>10:00 Line Dancing \$<br/>11:00 Quilting<br/>12:00 Rook<br/><b>4:00 Fellowship Meal</b><br/>6:00 Clogging \$</p> | <p>19<br/>9:00 Coffee/Fellowship<br/><b>10:00 Bingo</b><br/>10:30 Linda's Exercise<br/>12:00 Rook<br/>5:00 Weight Watchers<br/>7:00 Beginner Shag 1 \$<br/>7:45 Shag 2 \$</p>   | <p>20<br/>9:00 Coffee/Fellowship<br/><b>10:00 Bingo</b><br/>12:00 Rook<br/>12:30 Prayer Shawl Group</p>             | <p>21<br/>9:00 Coffee/Fellowship<br/>9:00 Sewing \$<br/>9:30 Rook<br/><b>10:30 Diaz</b><br/><u>Yadkin Valley Dancers</u><br/>5:00 Beginner<br/>6:00 Beyond Beginner<br/>7:00 Improver</p>     | <p>22<br/>9:00 Coffee/Fellowship<br/><b>10:00 Bingo</b><br/>9:30 -11:30 Pickleball<br/>12:00 Rook</p> |
| <p>25<br/>9:00 Coffee/Fellowship<br/><b>10:00 Flexercise</b><br/>10:00 Line Dancing \$<br/>11:00 Quilting<br/>12:00 Rook<br/>6:00 Clogging \$</p>  | <p>26<br/>9:00 Coffee/Fellowship<br/><b>10:00 Bingo</b><br/>10:30 Linda's Exercise<br/>12:00 Rook<br/>5:00 Weight Watchers<br/>7:00 Beginner Shag 1 \$<br/>7:45 Shag 2 \$</p>   | <p>27<br/>9:00 Coffee/Fellowship<br/><b>10:00 Bingo</b><br/>12:00 Rook<br/>12:30 Prayer Shawl Group</p>             | <p>28<br/>CLOSED<br/>(Thanksgiving)</p>   | <p>29<br/>CLOSED<br/>(Thanksgiving)</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.