



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 2019

## Important Announcements:

Hello!

Hope all of you are doing well!

This is what's happening in our little corner.

Please call if you have any questions.

YVSC Staff



**October 15th from 9:00 to 11:00 am D-Rex Pharmacy** will be at the Yadkin Valley Senior Center to administer Flu Shots. Please bring your insurance card.

### October 17th from 1:00 to 3:00 pm: Information & Wellness Fair

Flu Shots will be available (bring your insurance card)

Location: YVEDDI District Office

533 N. Carolina Ave. Hwy. 601N ▪ Boonville, NC 27011

Transportation will be available , if needed.

### October 18th from 1:00 to 3:30 pm: Senior Fun Day!

Prizes, Food, Games, Information and More!!!

Yadkinville United Methodist Church 204 West Main Street ▪ Yadkinville, NC 27055

### October 21st 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! Pre-registration required by: October 14th! **REGISTRATION REQUIRED!!! If you don't sign up, you will not have a meal.**

### October 29 at 5 pm: Senior Mingle Free but donations are appreciated!

Pre-registration required by October 22 with your Senior Center Manager

Dinner: Witches Brew and Goblin Stew

Location: Yadkin County Senior Center

### October 31st Halloween Party at 12:00pm immediately following lunch.

Please bring your favorite snacks to share and wear your costume if you dare and join us for an afternoon of fun and games! Rook, Scrabble, Uno, Pool!

**A BIG THANK YOU** to **WoodmenLife** for the generous donation to YVEDDI Senior Centers! As always, we will be good stewards and use the donation to help enrich the lives of our seniors.



### 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

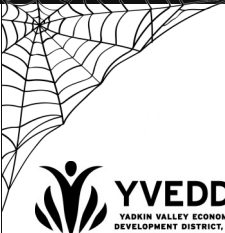


#### Services Offered Through Information, Referral and Assistance:

- 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



# OCTOBER 2019

Mon	Tue	Wed	Thu	Fri
 	<p>1</p> <p>9:00 Coffee/Fellowship 10:00 Bingo <b>10:30 Linda's Exercise</b> 12:00 Rook 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>2</p> <p>9:00 Coffee/Fellowship <b>10:00 Cigna Bingo</b> 12:00 Rook 12:30 Prayer Shawl Group</p>	<p>3</p> <p>9:00 Coffee/Fellowship 9:00 Sewing \$ 9:00 Scrapbooking 9:30 Rook <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver 7:30 Yadkin Valley Trail Riders</p>	<p>4</p> <p>9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook</p>
<p>7</p> <p>9:00 Coffee/Fellowship <b>10:00 Flexercise</b> 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$</p>	<p>8</p> <p>8:00 Best Value Hearing 9:00 Coffee/Fellowship 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>9</p> <p>9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group</p>	<p>10</p> <p>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>11</p> <p>9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook</p>
<p>14</p> <p>9:00 Coffee/Fellowship <b>10:00 Flexercise</b> 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$</p>	<p>15</p> <p><b>D-Rex Pharmacy (Flu Shots) 9 to 11 AM</b> 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 \$</p>	<p>16</p> <p>9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group</p>	<p>17</p> <p><b>Information &amp; Wellness Fair 1 to 3 PM</b> 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook <b>10:30 Officer Diaz</b> <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>18</p> <p><b>Senior Fun Day 1 to 3:30 PM</b> 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook</p>
<p>21</p> <p>9:00 Coffee/Fellowship <b>10:00 Flexercise</b> <b>10:30 BP Checks</b> 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook <b>4:00 Fellowship Meal</b> 6:00 Clogging \$</p>	<p>22</p> <p>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 \$</p>	<p>23</p> <p>9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group</p>	<p>24</p> <p>9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook <b>10:30 Vaya Health</b> <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>25</p> <p>9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook</p>
<p>28</p> <p>9:00 Coffee/Fellowship <b>10:00 Flexercise</b> 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$</p>	<p>29</p> <p>9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 12:00 Rook <b>5:00 Senior Mingle Yadkinville</b> 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>30</p> <p>9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group</p>	<p>31 HALLOWEEN</p> <p>9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook <b>12:00 Halloween Party</b> <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<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> 

**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.