



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

December 2019

Important Announcements:

December 7th 10:00 am to 4:00 pm: Small Business Saturday Event

December 10th Holly Jolly Christmas Party 5:00-8:00 pm

Tickets On Sale Now! \$12.00 per person (Must purchase your ticket by December 6th by 3:00 pm.)

Location: Yadkin County Senior Center Entertainment: John Floyd, Comedian/ Author (Performed on the Mike Huckabee Show)

Menu: Turkey, dressing, mashed potatoes, gravy, green beans, roll and dessert (Catered by: D & F Catering)

December 16th at 4pm: Fellowship Meal (3rd Monday of each month)

Fellowship Meal and Christmas Party. If you wish to play Dirty Santa bring a \$5 gift. 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: Dec. 11 If you don't sign up, you will not have a meal.

Holiday Schedule Closings

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

We will reopen Jan. 2nd

Inclement Weather

Typically, the Yadkin Valley Senior Center follows the inclement weather policy of the Yadkin County School System.

Note: Sometimes we will be closed even if the schools are on a delayed schedule due to the safety of our seniors and volunteer drivers.

There will be two separate announcements:

- Meals on Wheels
- Senior Services/Senior Center.

Please stay tuned to WXII-12 or Fox 8 News for the latest updates.

Merry Christmas!

Yadkin Valley Senior Staff



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



DECEMBER 2019

Mon	Tue	Wed	Thu	Fri
2 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$	3 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 \$	4 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group	5 9:00 Coffee/Fellowship No Scrap Booking Today 9:00 Sewing \$ 9:30 Rook 10:00 Vaya Health Yadkin Valley Dancers 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver 7:30 YVTR	6 9:00 Coffee/Fellowship 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 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 \$ Holly Jolly Christmas Party	11 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group	12 9:00 Coffee/Fellowship No Scrap Booking Today 9:00 Sewing \$ 9:30 Rook <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver	13 9:00 Coffee/Fellowship 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 6:00 Clogging \$ 4 Fellowship Meal/ Christmas Party	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 <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver	20 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook
23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED	27 CLOSED
 <p><i>Merry Christmas</i></p>				
30 CLOSED	31 CLOSED		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.</p>				