



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2020

## Important Announcements:

**Happy New Year! I hope all of you have a New Year filled with an abundance of blessings!**

### Holiday Closings for January

Jan. 1, 2020 New Year's Day

Jan. 20, 2020 Martin Luther King Jr. Day

### January 27 at 4pm: Fellowship Meal & BINGO ( This one is moved to the 4th Monday due to the holiday schedule)

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: January 22nd.

If you don't sign up, you will not have a meal.

### 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.

### Upcoming Events:

#### February 18th at 5 PM Annual Valentines Dance \$10 per ticket

Menu: Chicken pie, green beans & corn, slaw and cobbler with ice cream

Entertainment by The Stan Bobbitt Band

Location: East Bend Senior Center 473 E. Main Street ▪ East Bend, NC

Pre-registration is required.

This year, Senior Mingles will be held every other month and may be in conjunction with other special events; Annual Valentines Dance (02/18), Beach Bash (06/23), Halloween Party (10/26), and Holly Jolly Christmas Party(12/08).

NO Senior Mingles in January, March, May, July, September, and November.

Senior Mingle Dates: 02/18/20, 04/27/20,06/23/20,08/04/20,10/26/20,12/08/20

### 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



# JANUARY 2020

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 CLOSED</p> <p><i>Happy New Year</i></p>	<p>2 9:00 Coffee/Fellowship 9:00 Scrap Booking 9:00 Sewing \$ 9:30 Rook <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver 7:30 YVTR</p>	<p>3 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook</p>	
	<p>6 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$</p>	<p>7 8:30 Best Value 9:00 Coffee/Fellowship 10:00 Cigna Bingo 10:30 Linda's Exercise 12:00 Rook 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$</p>	<p>8 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group</p>	<p>9 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>10 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook</p>
	<p>13 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$</p>	<p>14 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>15 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group</p>	<p>16 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook 10:00 Officer Diaz <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>17 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook</p>
	<p>20 CLOSED</p>	<p>21 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>22 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group</p>	<p>23 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook 10:15 Vaya <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>24 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook</p>
	<p>27 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$</p>	<p>28 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>29 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group</p>	<p>30 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>31 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook</p>

**Daily Drop-In activities: Rook, Pool, Crossword Puzzles, Board Games and Reading - Large Print Books Available!**

**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.