



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 2021

Important Announcements:

Happy Valentine's Day!

This center will remain closed due to Covid-19 at least until February 28th. We will continue to provide Meals on Wheels and frozen meals for registered congregate members.

Virtual Programs:

Wednesdays at 9:30 AM: Virtual Chair Exercises With Natalie on Facebook - YVEDDI Yadkin Valley Senior Center

Fridays at 11:00 AM: Virtual Coffee Chat with Sandra (Facebook Rockstars Group) Message me to be added!

Upcoming Events

Feb. 3rd at 10:30 AM: Virtual Safety Program with Yadkin County's Officer Diaz Live on Facebook.

Feb. 11th: Drive Through Valentine's Party!



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



FEBRUARY 2021

Mon

Tue

Wed

Thu

Fri

1	2	3 9:30 Virtual Live Exercise with Natalie on Facebook- Yveddi Yadkin Valley Senior Center 10:30 AM: Virtual Safety Program with Yadkin County's Officer Diaz Live on Facebook.	4	5 9:00 Virtual Coffee Chat (Facebook Group)
8	9	10 9:30 Virtual Live Exercise with Natalie on Facebook- Yveddi Yadkin Valley Senior Center	11 Drive Through Valentine's Party! 	12 9:00 Virtual Coffee Chat (Facebook Group)
15	16	17 9:30 Virtual Live Exercise with Natalie on Facebook- Yveddi Yadkin Valley Senior Center	18	19 10:00 Virtual Coffee Chat (Facebook Group)
22	23	24 9:30 Virtual Live Exercise with Natalie on Facebook- Yveddi Yadkin Valley Senior Center	25	26 11:00 Virtual Coffee Chat (Facebook Group)
				

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.