



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2021

## Important Announcements:

**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.**

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

## Holiday Closings for January

Jan. 1, 2021 New Year's Day

Jan. 18, 2021 Martin Luther King Jr. Day

## Upcoming Virtual Programs:

Wednesdays at 10:00 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!

## Mark Your Calendar:

**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



# JANUARY 2021

Mon

Tue

Wed

Thu

Fri

				<p>1 Closed - New Year's Day</p> 
<p>4</p>	<p>5</p>	<p>6 10:00 Virtual Live Exercise with Natalie on Facebook- Yveddi Yadkin Valley Senior Center</p>	<p>7</p>	<p>8 9:00 Virtual Coffee Chat (Facebook Group)</p>
<p>11</p>	<p>12</p>	<p>13 10:00 Virtual Live Exercise with Natalie on Facebook- Yveddi Yadkin Valley Senior Center</p>	<p>14</p>	<p>15 10:00 Virtual Coffee Chat (Facebook Group)</p>
<p>18 Closed - MLK Day</p> 	<p>19</p>	<p>20 10:00 Virtual Live Exercise with Natalie on Facebook- Yveddi Yadkin Valley Senior Center</p>	<p>21</p>	<p>22 11:00 Virtual Coffee Chat (Facebook Group)</p>
<p>25</p>	<p>26</p>	<p>27 10:00 Virtual Live Exercise with Natalie on Facebook- Yveddi Yadkin Valley Senior Center</p>	<p>28</p>	<p>29 11:00 Virtual Coffee Chat (Facebook Group)</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.