



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 2021

Important Announcements:

Happy St. Patrick's Day!

This center will remain closed due to Covid-19 at least until April 30th 2021. We will continue to provide Meals on Wheels and frozen meals for registered congregate members.

REMINDER: Daylight Savings Time: Sunday, March 14, 2021

Facebook Live Virtual Activities:

Wednesday at 9:30 am: Exercise with Natalie Williams

The 1st Wednesday of the month at 10:30 am- Safety & Scam Programs with Deputy Diaz from the Yadkin County Sherriff's Department.

Thursdays at 1pm Virtual Tai Chi for Beginners.

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

Senior Games

Registration Dates: March 1st - April 12th
Registration forms are available at the Senior Center.

Please call in advance so we will have the forms ready for you!



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



MARCH 2021

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|--|---|---|
| 1 | 2 | <p>3 9:30 Virtual Live Exercise with Natalie on Facebook- Yveddi Yadkin Valley Senior Center</p> <p>10:30 AM: Virtual Safety Program with Yadkin County's Officer Diaz Live on Facebook.</p> | <p>4 1:00 Virtual Tai Chi for beginners on Facebook Yveddi Yadkin Valley Senior Center</p> | <p>5 11:00 Virtual Coffee Chat (Facebook Group)</p> |
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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.