



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

May 2021

Important Announcements:

This center will remain closed due to Covid-19 at least until May 31st 2021. We will continue to provide Meals on Wheels and frozen meals for registered congregate members.

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!

Virtual Technology Classes

Classes for beginners to learn how to use Apple iPads and Android Tablets. Devices will be assigned to members for use during the class. At the end of the class they will be returned, cleaned and used for the next class and so on. Classes will be on Mondays and Wednesdays from 1pm to 3pm but the starting month has not yet been decided. If you would like to participate please call the center.

Remembering the men and women who died while serving our country.



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



MAY 2021

Mon

Tue

Wed

Thu

Fri

3	4	5 9:30 Virtual Live Exercise with Natalie (Facebook Yveddi Yadkin Valley Senior Center)	6 1:00 Virtual Tai Chi for beginners (Facebook Yveddi Yadkin Valley Senior Center)	7
10	11	12 9:30 Virtual Live Exercise with Natalie 10:30 am- Safety & Scam Programs with Deputy Diaz from the Yadkin County Sherriff's Department. (Facebook Yveddi Yadkin Valley Senior Center)	13 1:00 Virtual Tai Chi for beginners (Facebook Yveddi Yadkin Valley Senior Center)	14 11:00 Virtual Coffee Chat (Facebook Group)
17	18	19 9:30 Virtual Live Exercise with Natalie (Facebook Yveddi Yadkin Valley Senior Center)	20 1:00 Virtual Tai Chi for beginners (Facebook Yveddi Yadkin Valley Senior Center)	21 11:00 Virtual Coffee Chat (Facebook Group)
24	25	26 9:30 Virtual Live Exercise with Natalie (Facebook Yveddi Yadkin Valley Senior Center)	27 1:00 Virtual Tai Chi for beginners (Facebook Yveddi Yadkin Valley Senior Center) Class Cancelled Today	28 11:00 Virtual Coffee Chat (Facebook Group) Chat Cancelled Today
31 Closed Memorial Day				

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.