



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

JUNE 2021

## Important Announcements:

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

## Outside Activities starting in June! Call to register for classes.

Mondays at 10:00AM Exercise with Natalie

Mondays at 10:30 AM Tai Chi for Beginners

## Virtual Technology Class for Android Systems

**Mondays from 12:30PM to 4:30 PM for the month of June**

First class is full but call for registration for next class. These are very small classes, maximum capacity is set at 10 to protect our seniors.

## 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 Prevention Programs with Deputy Diaz from the Yadkin County Sherriff's Department.
- Fridays at 11:00 AM: Virtual Coffee Chat with Sandra
- Facebook Rockstar's Group: Message me to be added!

## Coming in July!

**July 2nd from 11am to 1:00pm Cookout to celebrate July 4th!**

**Outside at the Senior Center! Please call to register 336-526-1087**

## Virtual Technology Class for Apple Operating Systems

Starting in July. Day not yet determined.

Call to register for all activities 336-526-1087

## 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:


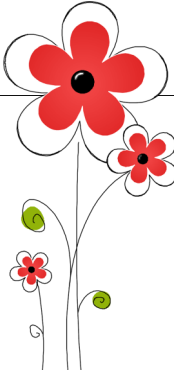

- Housing Assistance
- Reverse Mortgage Counseling
- Home Health Services/In-home Aide Services
- Medicaid Benefits
- Social Security Benefits
- Long-term Care Facilities
- Rehabilitation Services
- Respite
- Energy Assistance
- Food Distribution
- Adult Day Care
- Mental Health
- Hospice Care



We encourage you to SUPPORT the Yadkin Valley United Fund and the Yadkin County United Fund



# JUNE 2021

Mon	Tue	Wed	Thu	Fri
	1	2 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)	3	4
7 Outside Activities 10:00 Exercise w/Natalie 10:30 Tai Chi Class Both activities will be live streamed  12:30 - 4:30 Android Classes	8	9 9:30 Virtual Live Exercise with Natalie  (Facebook Yveddi Yadkin Valley Senior Center)	10	11 11:00 Virtual Coffee Chat (Facebook Group)
14 Outside Activities 10:00 Exercise w/Natalie 10:30 Tai Chi Class Both activities will be live streamed  12:30 - 4:30 Android Classes	15	16 9:30 Virtual Live Exercise with Natalie  (Facebook Yveddi Yadkin Valley Senior Center)	17 )	18 11:00 Virtual Coffee Chat (Facebook Group)
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28 Outside Activities 10:00 Exercise w/Natalie 10:30 Tai Chi Class Both activities will be live streamed  12:30 - 4:30 Android Classes	29	30		

**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.