



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

JULY 2021

Important Announcements:

In person activities beginning July 1st!

All safety guidelines must be followed for in person activities.

See other side for date and times.

We will continue to provide Meals on Wheels and frozen meals for registered congregante 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 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!

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

Outside at the Senior Center!

Call to register for all activities (336) 526-1087

We are slowly opening up our classes again. If you would like to join an existing class or start a new class, please call me to register.

Happy Independence Day!

Sandra



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
- Congregante 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



JULY 2021

Mon	Tue	Wed	Thu	Fri
	<p>All of our virtual programs can be found on Yadkin Valley Senior Center's Facebook Page</p>		<p>1 9:30 Virtual RAD Cooking (East Bend)</p> <p>10:00-1:00 Sewing Class \$</p> <p>10:30 - Healthy Bingo Safety Tips</p> <p>YVTR 7:30 (1st Thursday)</p>	<p>2 4th of July Cook Out! 11AM to 1PM Must register</p>
<p>5 CLOSED for 4th of July</p>	<p>6 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>7 9:30 Virtual Exercise Class with Natalie (Yadkinville)</p> <p>10:30 Virtual Safety Tips Officer Diaz (Yadkinville)</p>	<p>8 9:30 Virtual RAD Cooking (East Bend)</p> <p>10:30 - Healthy Bingo-Safety Tips</p> <p>5:00 Dance w/Jean 1 6:00 Dance w/Jean 2 7:00 Dance w/Jean 3</p>	<p>9 11:00 Virtual Coffee Chat (Facebook Group)</p>
<p>12 10:00 Exercise w/Natalie 10:30 Tai Chi Class (Also Virtual) 11:00 - 2:00 Quilting 3:00-4:30 Line Dance with Shirley 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>13 10:30 Exercise w/Linda 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>14 9:30 Virtual Exercise Class with Natalie</p>	<p>14 9:30 Virtual RAD Cooking (East Bend)</p> <p>10:30 - Healthy Bingo-Safety Tips</p> <p>5:00 Dance w/Jean 1 6:00 Dance w/Jean 2 7:00 Dance w/Jean 3</p>	<p>15 11:00 Virtual Coffee Chat (Facebook Group)</p>
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<p>26 10:00 Exercise w/Natalie 10:30 Tai Chi Class Also Virtual 11:00 - 2:00 Quilting 3:00-4:30 Line Dance with Shirley 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>27 10:30 Exercise w/Linda 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>28 9:30 Virtual Exercise Class with Natalie</p>	<p>29 9:30 Virtual RAD Cooking (East Bend)</p> <p>10:30 - Healthy Bingo-Safety Tips</p> <p>5:00 Dance w/Jean 1 6:00 Dance w/Jean 2 7:00 Dance w/Jean 3</p>	<p>30 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.