



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

August 2021

## Important Announcements:

### Facebook Live Virtual:

Monday's at 10:00 AM: Flexercise Class (in-person or virtual)

Monday's at 10:30 AM: Tai Chi for Beginners (in-person or virtual)

Wednesday's at 9:30 AM: Exercise with Natalie Williams (virtual)

First Wednesday of each month at 10:30 AM: Safety & Scam Prevention Programs with Deputy Diaz from the Yadkin County Sheriff's Department. (virtual)

### In-person Activities:

Apple Classes August 2021: Every Wednesday at 10:00 AM

Android Classes August 2021: Every Wednesday at 2:00 PM

***We will continue to provide Meals on Wheels and frozen meals for registered congregante members.***

Please call Sandra at (336) 526-1087 for more information or to register for in-person classes.

*All safety guidelines must be followed for in-person activities.*

See other side for full calendar of events.

### 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



# AUGUST 2021

Mon

Tue

Wed

Thu

Fri

<p>2 10:00 Flexercise Class (Also Virtual) 10:30 Tai Chi Class (Also Virtual) 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>3 10:30 Exercise w/Linda  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>4 9:30 Virtual Exercise Class with Natalie (Yadkinville) 10:00 Apple Class 10:30 Virtual Safety Tips with Officer Diaz (Yadkinville) 2:00 Android Class</p>	<p>5 9:00 Scrapbooking (1st Thursday each month) 10:00-1:00 Sewing Class \$ 10:30 - Healthy Bingo 3:00-4:30 Line Dance with Shirley  YVTR 7:30 (1st Thursday each month)</p>	6
<p>9 10:00 Flexercise Class (Also Virtual) 10:30 Tai Chi Class (Also Virtual) 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>10 10:30 Exercise w/Linda  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>11 9:30 Virtual Exercise Class with Natalie (Yadkinville) 10:00 Apple Class 2:00 Android Class 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p>	<p>12 10:00-1:00 Sewing Class  10:30 - Healthy Bingo  3:00-4:30 Line Dance with Shirley</p>	13
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<p>23 10:00 Flexercise Class (Also Virtual) 10:30 Tai Chi Class (Also Virtual) 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>24 10:30 Exercise w/Linda  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>25 9:30 Virtual Exercise Class with Natalie 10:00 Apple Class 2:00 Android Class 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p>	<p>26 10:00-1:00 Sewing Class  10:30 - Healthy Bingo-  3:00-4:30 Line Dance with Shirley</p>	27
<p>30 10:00 Flexercise Class (Also Virtual) 10:30 Tai Chi Class (Also Virtual) 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>31 10:30 Exercise w/Linda  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>		<p>All of our virtual programs can be found on Yadkin Valley Senior Center's Facebook Page</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.