



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 2021

## Important Announcements:

### New Exercise Class! October 4th: Cardio Drumming

11:00 - 11:30AM Must pre-register for class.

### October 7th Flu Shot Drive Thru Clinic 10:00 AM - 12:00 PM

No cost - Must bring your insurance card or Medicare card

Suggested that you wear short sleeves for better access

Sponsored by D-Rex. Must call to register.

### Senior Mingle Dinner & Music (outside event)

#### October 21st from 5PM until 7PM

Hosted by the Yadkin Valley, Yadkin County and East Bend Senior Centers.

Menu: chicken pie, green beans, potatoes, roll and a dessert.

This event will be free but you must register with your senior center manager by October 11th. If it rains it will be a drive-thru, pick-up dinner event, so either way Winner Winner Chicken Dinner!

## Facebook Live Virtual Activities

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

Monday's at 10:30 AM: Tai Chi for Beginners (in-person and 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 Sherriff's Department. (virtual)

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


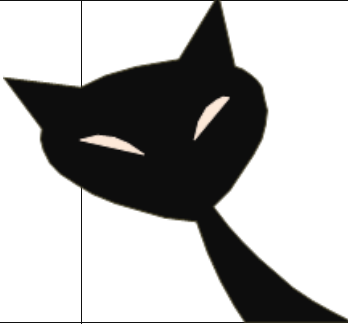
### Services Offered Through Information, Referral and Assistance:

- 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



# OCTOBER 2021

Mon	Tue	Wed	Thu	Fri
	<p>All of our virtual programs can be found on Yadkin Valley Senior Center's Facebook Page</p>		1	
<p>4 10:00 Flexercise Class (Also Virtual) 10:30 Tai Chi Class (Also Virtual) 11:00 Cardio Drumming 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>5 10:30 Exercise w/Linda –On Hold due to Covid  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>6 9:30 Virtual Exercise Class with Natalie (Yadkinville) 10:30 Virtual Safety and SCAM prevention w/Officer Diaz 12:00PM Prayer Shawl Group –On Hold due to Covid 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2</p>	<p>7 10:00-1:00 Sewing Class \$- On Hold due to Covid  10:30 - Healthy Bingo 11:00 to 12:00 F LU SHOT CLINIC –Drive thru only  3:00-4:30 Line Dance with Shirley</p>	8
<p>11 10:00 Flexercise Class (Also Virtual) 10:30 Tai Chi Class (Also Virtual) 11:00 Cardio Drumming 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>12 10:30 Exercise w/Linda –On Hold due to Covid  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>13 9:30 Virtual Exercise Class with Natalie (Yadkinville) 10:30 Virtual Safety and SCAM prevention w/Officer Diaz 12:00PM Prayer Shawl Group –On Hold due to Covid 4:00 Dance w/Jean 1</p>	<p>14 10:00-1:00 Sewing Class \$- On Hold due to Covid 10:30 - Healthy Bingo- Safety Tips  3:00-4:30 Line Dance with Shirley</p>	15
<p>18 10:00 Flexercise Class (Also Virtual) 10:30 Tai Chi Class (Also Virtual) 11:00 Cardio Drumming 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>19 10:30 Exercise w/Linda –On Hold due to Covid  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>20 9:30 Virtual Exercise Class with Natalie (Yadkinville) 10:30 Virtual Safety and SCAM prevention w/Officer Diaz 12:00PM Prayer Shawl Group –On Hold due to Covid 4:00 Dance w/Jean 1</p>	<p>21 10:00-1:00 Sewing Class \$- On Hold due to Covid 10:00 Bingo (30 minutes) 10:30 - 11:30 Vaya Health 11:30 Bingo 3:00-4:30 Line Dance with Shirley 5:00– 7:00 Single Mingle</p>	22
<p>25 10:00 Flexercise Class (Also Virtual) 10:30 Tai Chi Class (Also Virtual) 11:00 Cardio Drumming 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>26 10:30 Exercise w/Linda –On Hold due to Covid  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>27 9:30 Virtual Exercise Class with Natalie (Yadkinville) 10:30 Virtual Safety and SCAM prevention w/Officer Diaz 12:00PM Prayer Shawl Group –On Hold due to Covid 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2</p>	<p>28 10:00-1:00 Sewing Class  10:30 - Healthy Bingo- 3:00-4:30 Line Dance with Shirley</p>	29

**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.