



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 2021

Important Announcements:

Honoring the service of our former United States Armed Forces personnel.

All safety guidelines must be followed for in-person activities. See other side for full calendar of events.

Must pre-register for all in person classes. Call (336) 526-1087

Facebook Live Virtual Activities

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

Monday's at 10:30 AM: Cardio Drumming (in person and virtual) Grab some wooden spoons and a bowl and join us virtually!

Every Wednesday's at 11:00 AM: Exercise with Natalie Williams (virtual)

First Wednesday of each month at 10:30 AM: Senior Safety Programs with (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.

Holiday Schedule

November 11 (Veteran's Day)

November 25 & 26 (Thanksgiving Holiday)

December 23-Jan 3rd. We will return Jan 4th. (Christmas/New Year Holiday)

Happy Thanksgiving!



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



NOVEMBER 2021

Mon

Tue

Wed

Thu

Fri

<p>1 10:00 Flexercise Class (Also Virtual) 10:30 Cardio Drumming (Also Virtual) 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>2 10:30 Exercise w/Linda – On Hold due to Covid</p> <p>7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>3 11:00 Exercise Class with Natalie—Virtual 10:30 Safety Program -Virtual 12:00PM Prayer Shawl Group -On Hold due to Covid 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p>	<p>4 10:00-1:00 Sewing Class - On Hold 10:00 - 1:00 Scrapbooking 10:00 - Bingo</p> <p>3:00-4:30 Line Dance with Shirley</p>	<p>5</p>
<p>8 10:00 Flexercise Class (Also Virtual) 10:30 Cardio Drumming (Also Virtual) 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>9 10:30 Exercise w/Linda – On Hold due to Covid</p> <p>7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>10 11:00 Exercise Class with Natalie—Virtual 10:30 Safety Program -Virtual 12:00PM Prayer Shawl Group -On Hold due to Covid 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p>	<p>11 CLOSED</p> <p>Happy Veteran's Day!</p>	<p>12</p>
<p>15 10:00 Flexercise Class (Also Virtual) 10:30 Cardio Drumming (Also Virtual) 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>16 10:30 Exercise w/Linda – On Hold due to Covid</p> <p>7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>17 11:00 Exercise Class with Natalie—Virtual 10:30 Safety Program -Virtual 12:00PM Prayer Shawl Group -On Hold due to Covid 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p>	<p>18 10:00-1:00 Sewing Class - On Hold 10:00 - 1:00 Scrapbooking 10:00 - Bingo 10:30 Vaya Health More Bingo after presentation 3:00-4:30 Line Dance with Shirley</p>	<p>19</p>
<p>22 10:00 Flexercise Class (Also Virtual) 10:30 Cardio Drumming (Also Virtual) 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>23 10:30 Exercise w/Linda -On Hold due to Covid</p> <p>7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>24 11:00 Exercise Class with Natalie—Virtual 10:30 Safety Program -Virtual 12:00PM Prayer Shawl Group -On Hold due to Covid 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p>	<p>25 CLOSED</p> 	<p>26 CLOSED</p>
<p>29 10:00 Flexercise Class (Also Virtual) 10:30 Cardio Drumming (Also Virtual) 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>30 10:30 Exercise w/Linda – On Hold due to Covid</p> <p>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.