



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

December 2021

Important Announcements:

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 Program (virtual)
- Thursdays at 10 AM: BINGO (in-person)

NEW: Thursdays at 12:00 PM: "Senior Moments with Noreen" (in-person)

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

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

Wishing all of you a very Merry Christmas and a Happy and Healthy New Year!

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
- 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



DECEMBER 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>YVEDDI YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.</p>	<p>1 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>2 10:00-1:00 Sewing Class - On Hold 10:00 - 1:00 Scrapbooking 10:00 - Bingo 12:00 Senior Moments with Noreen - Games and Crafts 3:00-4:30 Line Dance with Shirley</p>	<p>3</p>
<p>6 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>7 10:30 Exercise w/Linda – On Hold due to Covid 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian Starts back in January</p>	<p>8 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>9 10:00-1:00 Sewing Class - On Hold 10:00 - 1:00 Scrapbooking 10:00 - Bingo 12:00 Senior Moments with Noreen - Games and Crafts 3:00-4:30 Line Dance with Shirley</p>	<p>10</p>
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<p>27 CLOSED</p>	<p>28 CLOSED</p> 	<p>29 CLOSED</p>	<p>30 CLOSED</p>	<p>31 CLOSED</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.