



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 2022

Important Announcements:



Facebook Live Virtual Activities

- 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)

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

Our center is closed for all in person activities at least until February 28th. Safety for our participants and staff is our top priority. Stay safe and we will see you soon!

Love is a lot like a backache, it doesn't show up on X-rays, but you know it's there.

- George Burns

SEASONEDTIMES.COM



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



What did one light bulb say to the other on Valentine's Day?

" I love you a whole watt."



FEBRUARY 2022

Mon

Tue

Wed

Thu

Fri

	<p>1 10:30 Exercise w/Linda – On Hold</p> <p>7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian On Hold</p>	<p>2 11:00 Exercise Class with Natalie—Virtual 10:30 Safety Program -Virtual 12:00PM Prayer Shawl Group -On Hold 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3 On Hold</p>	<p>3 10:00-1:00 Sewing Class - On Hold 10:00 - 1:00 Scrapbooking On Hold 10:00 - Bingo On Hold 3:00-4:30 Line Dance with Shirley On Hold 7:00 YVTR On Hold</p>	<p>4</p>
<p>7 10:00 Flexercise Class On Hold 10:30 Cardio Drumming On Hold 11:00 - 2:00 Quilting On Hold 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice On Hold</p>	<p>8 10:30 Exercise w/Linda – On Hold</p> <p>7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian On Hold</p>	<p>9 11:00 Exercise Class with Natalie—Virtual 10:30 Safety Program -Virtual 12:00PM Prayer Shawl Group -On Hold 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3 On Hold</p>	<p>10 10:00-1:00 Sewing Class - On Hold 10:00 - 1:00 Scrapbooking 10:00 - Bingo 3:00-4:30 Line Dance with Shirley</p>	<p>11</p>
<p>14 10:00 Flexercise Class On Hold 10:30 Cardio Drumming On Hold 11:00 - 2:00 Quilting On Hold 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice On Hold</p>	<p>15 10:30 Exercise w/Linda – On Hold</p> <p>7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian On Hold</p>	<p>16 11:11:00 Exercise Class with Natalie—Virtual 10:30 Safety Program -Virtual 12:00PM Prayer Shawl Group -On Hold 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3 On Hold</p>	<p>17 10:00-1:00 Sewing Class - On Hold 10:00 - 1:00 Scrapbooking On Hold 10:00 - Bingo On Hold 3:00-4:30 Line Dance with Shirley On Hold</p>	<p>18</p>
<p>21 10:00 Flexercise Class On Hold 10:30 Cardio Drumming On Hold 11:00 - 2:00 Quilting On Hold 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice On Hold</p>	<p>22 10:30 Exercise w/Linda – On Hold</p> <p>7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian On Hold</p>	<p>23 11:00 Exercise Class with Natalie—Virtual 10:30 Safety Program -Virtual 12:00PM Prayer Shawl Group -On Hold 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3 On Hold</p>	<p>24 10:00-1:00 Sewing Class - On Hold 10:00 - 1:00 Scrapbooking On Hold 10:00 - Bingo On Hold 3:00-4:30 Line Dance with Shirley On Hold</p>	<p>25</p>
<p>28 10:00 Flexercise Class On Hold 10:30 Cardio Drumming On Hold 11:00 - 2:00 Quilting On Hold 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice On Hold</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.