



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2022

## 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)

3rd Thursday Monthly at 10:00 Vaya Health Program (Bingo @ 10:30)

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

January 3: Happy New Years

January 17: MLK Jr. Day



## 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



# JANUARY 2022

Mon

Tue

Wed

Thu

Fri

<p>3</p> <p>CLOSED Happy New Year!</p>	<p>4</p> <p>10:30 Exercise w/Linda – <b>On Hold</b></p> <p>7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>5</p> <p>11:00 Exercise Class with Natalie—Virtual 10:30 Safety Program -Virtual 12:00PM Prayer Shawl Group <b>-On Hold</b> 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p>	<p>6</p> <p>10:00-1:00 Sewing Class - <b>On Hold</b> 10:00 - 1:00 Scrapbooking 10:00 - Bingo 3:00-4:30 Line Dance with Shirley 7:00 YVTR</p>	<p>7</p>
<p>10</p> <p>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>11</p> <p>10:30 Exercise w/Linda – <b>On Hold</b></p> <p>7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>12</p> <p>11:00 Exercise Class with Natalie—Virtual 10:30 Safety Program -Virtual 12:00PM Prayer Shawl Group <b>-On Hold</b> 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p>	<p>13</p> <p>10:00-1:00 Sewing Class - <b>On Hold</b> 10:00 - 1:00 Scrapbooking 10:00 - Bingo 3:00-4:30 Line Dance with Shirley</p>	<p>14</p>
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<p>31</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.