



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 2022

Important Announcements:

Yadkin Valley Senior Center is scheduled to open for activities on March 7th! Please see other side for full schedule.

Our Nutrition site is still closed until further notice. We will resume in-person activities slowly as I contact those who teach classes and hold programs for us. I'm looking forward to seeing you all!

In-person classes starting March 7th:

Mondays at 10:00 am: Exercise with Natalie /also Virtual

Mondays at 10:30 am: Cardio Drumming

Mondays at 10:00 am: Line Dancing with Shirley Bell

Mondays at 11:00 am: Quilting with the Cool Kats

Thursdays Bingo at 10:00am on the 1st and 2nd Thursdays
3rd and 4th Thursdays Bingo will start immediately after programs.

Thursdays starting at 10:00am: Health and Safety Programs (3rd and 4th Thursdays)

New Craft Class coming once our nutrition site opens back up!

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

Happy St. Patrick's Day



We encourage you to SUPPORT the Yadkin Valley United Fund and the Yadkin County United Fund



MARCH 2022

Mon

Tue

Wed

Thu

Fri

	1 No activities	2 No activities	3 No activities	4 No activities
				
7 10:00 Flexercise Class 10:30 Cardio Drumming 10:00 Dance with Shirley 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice	8 10:30 Exercise w/Linda – On Hold 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian On Hold until April	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	10 10:00-1:00 Sewing Class - On Hold 10:00am Bingo 12:30 - 2:00 Senior Moments (Crafts and Games)	11 No activities
14 10:00 Flexercise Class 10:30 Cardio Drumming 10:00 Dance with Shirley 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice	15 10:30 Exercise w/Linda – On Hold 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian On Hold	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	17 10:00-1:00 Sewing Class On Hold 10:00am Vaya Health Bingo After Presentation St. Patrick's Day Party after Bingo! 12:30 - 2:00 Senior Moments (Crafts and Games)	18 No activities
21 10:00 Flexercise Class 10:30 Cardio Drumming 10:00 Dance with Shirley 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice	22 10:30 Exercise w/Linda – On Hold 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian On Hold until April	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	24 10:00-1:00 Sewing Class - On Hold 10:00am “Lock Your Meds” Presentation by Insight. Bingo after Presentation 12:30 - 2:00 Senior Moments (Crafts and Games)	25 No activities
28 10:00 Flexercise Class 10:30 Cardio Drumming 10:00 Dance with Shirley 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice	29 10:30 Exercise w/Linda – On Hold 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian On Hold until April	30 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	31 10:00-1:00 Sewing Class - On Hold 10:00-1:00 Sewing Class - On Hold 10:00am Bingo 12:30 - 2:00 Senior Moments (Crafts and Games)	All of our virtual programs can be found on Yadkin Valley Senior Center's Facebook Page

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.