



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

April 2022

Important Announcements:

April 22 at 10 AM: Virtual Legal Presentation for Seniors with Yadkinville Attorney, Greg Matthews (YVEDDI Yadkin County Senior Center Facebook Live)

Onsite Activities! Call for more information

Mondays at 10:00 AM: Exercise with Natalie (available virtual also)

Mondays at 10:30 AM: Cardio Drumming (available virtual also)

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

Wednesdays 4:00 PM, 5:00 PM, 6:00 PM: Dancing with Jene

Thursdays Bingo: 10:00 AM on the 1st and 2nd Thursdays

Thursdays Bingo: 11:00 AM on 3rd and 4th Thursdays

Health and Safety Programs: Thursdays at 10:00 AM on 3rd & 4th Thursdays



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

Happy Easter (April 17th)



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



APRIL 2022

Mon

Tue

Wed

Thu

Fri

	<p>All of our virtual programs can be found on Yadkin Valley Senior Center's Facebook Page</p>			<p>1 No activities</p>
<p>4 10:00 Flexercise Class also Virtual 10:30 Cardio Drumming also Virtual 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>5 10:30 Exercise w/Linda – On Hold 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>6 11:00 Virtual Exercise Class on Facebook 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</p>	<p>7 9:30 Scrapbooking w/Judy 10:00-1:00 Sewing Class - On Hold 10:00am Bingo</p>	<p>8 No activities</p>
<p>11 10:00 Flexercise Class also Virtual 10:30 Cardio Drumming also Virtual 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>12 10:30 Exercise w/Linda – On Hold 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>13 11:00 Virtual Exercise Class on Facebook 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</p>	<p>14 10:00-1:00 Sewing Class On Hold 10:00 Bingo</p>	<p>15 Good Friday CLOSED</p>
<p>18 10:00 Flexercise Class also Virtual 10:30 Cardio Drumming also Virtual 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>19 10:30 Exercise w/Linda – On Hold 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>20 11:00 Virtual Exercise Class on Facebook 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</p>	<p>21 10:00-1:00 Sewing Class - On Hold 10:00am Vaya Health Presentation 11:00 Bingo</p>	<p>22 No activities</p>
<p>25 10:00 Flexercise Class also Virtual 10:30 Cardio Drumming also Virtual 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>26 10:30 Exercise w/Linda – On Hold 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>27 11:00 Virtual Exercise Class on Facebook 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</p>	<p>28 10:00-1:00 Sewing Class - On Hold 10:00am Lock Your Meds! Presentation by Insight 11:00 Bingo</p>	<p>29 No activities</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.