



April 2022

#### A North Carolina Certified Senior Center of Excellence

#### 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)



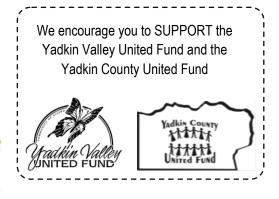


#### Information for Services, Referrals & Assistance Program's Offered On-Site:

- 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



# April 2022

Mon	Tue	Wed	Thu	Fri
VVEDDI VADRIN VALLEV ECONOMIC DEVELOPMENT DISTRICT, INC.	All of our virtual programs can be found on Yadkin Valley Senior Center's Facebook Page			1 No activities
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	5 10:30 Exercise w/Linda – <b>On Hold</b> 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian		7 9:30 Scrapbooking w/Judy 10:00-1:00 Sewing Class - On Hold 10:00am Bingo	8 No activities
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	12 10:30 Exercise w/Linda – <b>On Hold</b> 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian		14 10:00-1:00 Sewing Class On Hold 10:00 Bingo	15 Good Friday CLOSED
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 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	19 10:30 Exercise w/Linda – On Hold 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian 26 10:30 Exercise w/Linda – On Hold 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian	4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3 27 11:00 <b>Virtual</b> Exercise Class on Facebook	<ul> <li>21 10:00-1:00 Sewing Class - On Hold</li> <li>10:00am Vaya Health Presentation</li> <li>11:00 Bingo</li> <li>28 10:00-1:00 Sewing Class - On Hold 10:00am Lock Your Meds! Presentation by Insight</li> <li>11:00 Bingo</li> </ul>	22 No activities 29 No activities

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.