



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

June 2022

## Important Announcements:

### ***On-site Activities! Call for more information***

- Mondays at 10:00 AM: Exercise with Natalie (also virtual)
- Mondays at 10:30 AM: Cardio Drumming (also virtual)
- Monday (Third Monday Monthly) at 11:00 AM Blood Pressure Checks
- Mondays at 11:00 AM: Quilting Class
- Tuesdays 10:30 AM Exercise with Linda
- Wednesdays 10:00 AM - Rook (Beginners Welcome!)
- Wednesdays at 4:00 PM, 5:00 PM, 6:00 PM: Dancing with Jene
- Thursdays at 10:00 AM on the 1st and 2nd Thursdays BINGO
- Thursdays (Third Thursday Monthly) Vaya Health at 10:00 AM
- Thursdays (Fourth Thursday Monthly) Safety Program with Officer O'Leary of Yadkin County Sheriffs Office (also virtual)
- Thursdays Bingo: 11:00 AM on 3rd and 4th Thursdays

### ***New Craft Class coming soon!***

### ***Are you interested?***

We have an opportunity to start having Yoga classes at the center! I do not know the price per class yet, it may depend on how many people sign up. If you are interested in a once a week Yoga class, please call me at 336-526-1087. We hope to be ready to start by July or August if we have enough people who want to participate.



Our center is open from 8:00am until 4:30pm M-F unless otherwise posted.

### 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

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



# JUNE 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 10:00 Rook and Games 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>2 9:30 Scrapbooking w/Judy 10:00am Bingo</p>	<p>3</p>
<p>6 10:00 Flexercise Class also Virtual on Facebook 10:30 Cardio Drumming also Virtual on Facebook 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>7 10:30 Exercise w/Linda 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>8 10:00 Rook and Games 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>9 10:00am Bingo</p>	<p>10</p>
<p>13 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>14 10:30 Exercise w/Linda –  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>15 10:00 Rook and Games 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>16 <b>10:00 Vaya Health</b> 11:00 Bingo</p>	<p>17</p>
<p>20 10:00 Flexercise Class also Virtual 10:30 Cardio Drumming also Virtual 11:00 Blood Pressure Checks 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>21 10:30 Exercise w/Linda –  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>22 10:00 Rook and Games 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>23 <b>10:00 Officer O'Leary's Safety Class (also Virtual) on Facebook</b> 11:00 Bingo</p>	<p>24</p>
<p>27 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>28 10:30 Exercise w/Linda –  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>29 10:00 Rook and Games 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>30 10:00am Bingo</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.