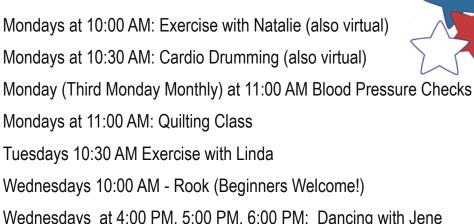
YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



July 2022

A North Carolina Certified Senior Center of Excellence

On-site Activities! Call for more information



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! Price for seniors is \$15 per one hour class. If you are interested in a once a week Yoga class, please call me at (336) 526-1087.

Starting this month on the 4th Monday at 5:00 pm we will be having a Friends and Family Potluck Fellowship Supper. You must sign up and bring a dish to share. If you bring someone please bring enough to feed your people! We will play Bingo and Rook after the meal. See Butch to sign up.

Mark your calendars!

07/25/22, 08/22/22, 09/26/22, 10/24/22, 11/28/22 (No December Meal)



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



JULY 2022

Mon	Tue	Wed	Thu	Fri
All of our virtual programs can be found on Yadkin Valley Senior Center's Facebook Page	VORIN VALLEY ECONOMIC VORIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.			1
4 CLOSED	5 10:30 Exercise w/Linda 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian	6 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	7 9:30am Scrapbooking w/Judy 10:00am Bingo 11:30 4th of July Party Potluck Lunch See Butch to sign up 7:00pm Yadkin Valley Trail Riders	8
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 – 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian	13 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	14 10:00 Bingo	15
18 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	19 10:30 Exercise w/Linda – 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian	20 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	21 10:00 Vaya Mental Health 11:00 Bingo	22
25 10:00 Flexercise Class also Virtual 10:30 Cardio Drumming also Virtual 11:00 - 2:30 Quilting 5:00 Fellowship Meal 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice	26 10:30 Exercise w/Linda – 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian	27 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	28 10:00 Officer O'Leary's Safety Class (also Virtual) 11:00 Bingo	29

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.