



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

July 2022

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! 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

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



JULY 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</p>
<p>4 CLOSED</p>	<p>5 10:30 Exercise w/Linda 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>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</p>	<p>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</p>	<p>8</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 – 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>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</p>	<p>14 10:00 Bingo</p>	<p>15</p>
<p>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</p>	<p>19 10:30 Exercise w/Linda – 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>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</p>	<p>21 10:00 Vaya Mental Health 11:00 Bingo</p>	<p>22</p>
<p>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</p>	<p>26 10:30 Exercise w/Linda – 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>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</p>	<p>28 10:00 Officer O'Leary's Safety Class (also Virtual) 11:00 Bingo</p>	<p>29</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.