



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2022

On-site Activities! Call for more information

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

- 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 11:00Am Tai Chi (also virtual)
- Mondays at 11:00 AM: Quilting Class
- Tuesdays at 10:30 AM Exercise with Linda - On hold until further notice
- Wednesdays at 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

4th Monday of the Month at 5:00 pm—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/or Rook after the meal. Sign up sheet at sign in table. Mark your calendars!

- 09/26/22 Friends and Family Potluck Fellowship 5:00 PM
- 10/24/22 Friends and Family Potluck Fellowship 5:00 PM
- 11/28/22 Friends and Family Potluck Fellowship 5:00 PM
- 12/19/22 Friends and Family Potluck Fellowship and CHRISTMAS PARTY- Please bring a \$5 gift if you want to play Dirty Santa :)

ATTENTION!

SAVE THE DATE: September is National Senior Center Month!

Masters of Aging Celebration: Sept 6th at 4:00 PM

4PM Quarter Bingo ▪ 5PM Dinner ▪ 6PM Stan Bobbitt
 Door Prizes ▪ \$5 pp - Tickets on sale now!
 Event Location: Yadkin County Senior Center 207 East Hemlock Street



We have N95 masks available for free and a free Covid test while supplies last. If you need one, call or stop by the Senior Center.

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



SEPTEMBER 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 9:30am Scrapbooking w/Judy</p> <p>11:00 Bingo</p> <p>7:00pm Yadkin Valley Trail Riders</p>	<p>2</p>
<p>5 CLOSED Happy Labor Day!</p>	<p>6 10:30 Exercise w/Linda—on hold</p> <p>Masters of Aging Celebration: 4:00 PM</p>	<p>7 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook</p> <p>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>8 11:00am Bingo</p>	<p>9</p>
<p>12 10:00 Flexercise Class also Virtual 10:30 Cardio Drumming also Virtual 11:00 Tai Chi Also virtual 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>13 10:30 Exercise w/Linda—on hold</p>	<p>14 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook</p> <p>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>15 10:00 Vaya Mental Health</p> <p>11:00 Bingo</p>	<p>16</p>
<p>19 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>20 10:30 Exercise w/Linda—on hold</p>	<p>21 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook</p> <p>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>22 10:00 Officer O'Leary</p> <p>11:00 Bingo</p>	<p>23</p>
<p>26 10:00 Flexercise Class also Virtual 10:30 Cardio Drumming also Virtual 11:00 - 2:30 Quilting 5:00 Fellowship Meal and Birthday Celebration 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>27 10:30 Exercise w/Linda—on hold</p>	<p>28 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>29 11:00 Bingo</p>	<p>30</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.