



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 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)
- Mondays (Third Monday Monthly) at 9:30AM 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 (Every Thursday) at 11:00am BINGO
- Thursdays (Third Thursday) Vaya Health at 10:00 AM
- Thursdays (Fourth Thursday) Officer O'Leary of Yadkin County Sheriff 10:00am

October 24th at 5:00 PM: Friends & Family Potluck Fellowship Meal and Halloween/Costume Party!

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. The sign up sheet is on the sign in table.

Mark Your Calendars!

November 28th at 5:00 PM: Friends & Family Potluck Fellowship Meal and Thanksgiving Party

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. The sign up sheet is on the sign in table.

December 19th: Friends & Family Potluck Fellowship Meal and Christmas Party

Please bring a \$5 gift if you want to play Dirty Santa
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. The sign up sheet is on the sign in table.

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

Starting in November we will have a Miracle Ear representative here one day a month to provide hearing checks and offer information assistance on obtaining hearing aids. Please check next months newsletter for the date!

Happy Halloween!



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



OCTOBER 2022


Mon

Tue

Wed

Thu

Fri

<p>3 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 Tai Chi/FB 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>4 10:30 Exercise w/Linda—on hold</p>	<p>5 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>6 9:30am Scrapbooking w/Judy 11:00 Bingo 7:00pm Yadkin Valley Trail Riders</p>	<p>7</p>
<p>10 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 Tai Chi/FB 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>11 10:30 Exercise w/Linda—on hold</p>	<p>12 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>13 11:00am Bingo</p>	<p>14</p>
<p>17 9:30: Blood/Pressure Check 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 Tai Chi/FB 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>18 10:30 Exercise w/Linda—on hold</p>	<p>19 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>20 10:00 Vaya Mental Health 11:00 Bingo</p>	<p>21</p>
<p>24 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 Tai Chi/FB 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice 5:00 Fellowship Meal and Halloween /Costume Party! Must sign up!</p>	<p>25 10:30 Exercise w/Linda—on hold</p>	<p>26 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>27 10:00 Officer O'Leary 11:00 Bingo</p>	<p>28</p>
<p>31 HALLOWEEN 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 Tai Chi/FB 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>			 <p>YVEDDI YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.</p>	<p>All of our virtual programs can be found on Yadkin Valley Senior Center's Facebook Page</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.