



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

December 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 10:00 Miracle Ear Rep Dwight Eisenhower Hearing Aids and Test
- 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 Pruitt Health Hospice( 2nd Thursday Monthly)
- Thursdays (Third Thursday ) Vaya Health at 10:00 AM
- Thursdays (Fourth Thursday ) Officer O'Leary of Yadkin County Sheriff 10:00am
- Thursdays (Every Thursday) at 11:00am BINGO

**December 19th at 5 PM:**  
**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.

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 the calendar on the other side for the dates we will be closed for the holidays.**

## 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



# DECEMBER 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 11:00 Bingo 7:00pm Yadkin Valley Trail Riders</p>	<p>2</p>
<p>5 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>6 10:30 Exercise w/Linda—on hold</p>	<p>7 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>8 <b>10:00 Pruitt Hospice</b> 11:00 Bingo</p>	<p>9</p>
<p>12 9:30: Blood/Pressure Check 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>13 10:00 Hearing Tests and hearing aid assistance with Miracle Ear Rep Dwight Eisenhoward  10:30 Exercise w/Linda—on hold</p>	<p>14 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>15 <b>10:00 Vaya Mental Health</b> 11:00 Bingo</p>	<p>16</p>
<p>19 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice <b>5 Friends &amp; Family Potluck Fellowship Meal and Christmas Party</b></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 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 11:00 Bingo</p>	<p>23 <b>CLOSED</b></p>
<p>26 <b>CLOSED</b></p>	<p>27 <b>CLOSED</b></p>	<p>28 <b>CLOSED</b></p>	<p>29 <b>CLOSED</b></p>	<p>30 <b>CLOSED</b></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.