



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2023

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 Craft Class-Must sign up
- 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

January 30th at 5 PM: Friends & Family Potluck Fellowship Meal

You must sign up and bring a dish to share. If you bring someone please bring enough to feed your people! We will play Quarter Bingo and/or Rook after the meal. The sign up sheet is on the sign in table. Please bring your quarters!

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.

Happy New Year!



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



JANUARY 2023

Mon

Tue

Wed

Thu

Fri

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|--|---|--|---|--|
| <p>2 CLOSED Happy New Year!</p> | <p>3 10:30 Exercise w/Linda—on hold 10:30 Craft Class</p> | <p>4 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p> | <p>5 9:30am Scrapbooking w/Judy 11:00 Bingo 7:00pm Yadkin Valley Trail Riders</p> | <p>6</p> |
| <p>9 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 Craft Class - must sign up 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p> | <p>10 10:00 Hearing Tests and hearing aid assistance with Miracle Ear Rep Dwight Eisenhoward 10:30 Exercise w/Linda—on hold</p> | <p>11 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p> | <p>12 10:00 Pruitt Hospice 11:00 Bingo</p> | <p>13</p> |
| <p>16 CLOSED MLK Day</p> | <p>17 10:30 Exercise w/Linda—on hold</p> | <p>18 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p> | <p>19 10:00 Vaya Mental Health 11:00 Bingo</p> | <p>20</p> |
| <p>23 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 Craft Class - must sign up 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p> | <p>24 10:30 Exercise w/Linda—on hold</p> | <p>25 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook 12:00 Prayer Shawl Ladies 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p> | <p>26 10 Officer O'Leary 11:00 Bingo</p> | <p>27</p> |
| <p>30 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 Craft Class - must sign up 11:00 - 2:30 Quilting 5 Friends & Family Pot-luck Fellowship Meal 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p> | <p>31 10:30 Exercise w/Linda—on hold</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.