



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 2023

On-site Activities! Call for more information

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

We are excited to add another craft class this month. **Bonnie's Paper Crafts**
(A small fee may be charged by the craft instructors to cover materials.)

- 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: Blood Pressure Checks
- Mondays at 11:00 AM: Tai Chi (also virtual)
- Mondays at 11:00 AM: Craft Class (must sign up)
- Mondays at 11:00 AM: Quilting Class
- Tuesdays at 10:00 AM: Miracle Ear Rep. Dwight Eisenhower - hearing tests and information on obtaining hearing aids
- Tuesdays at 10:30 AM: Exercise with Linda (on hold until further notice)
- Wednesdays at 10:00 AM: Rook (beginners welcome!)
- Wednesdays at 12:00 PM: Prayer Shawl Ladies Meeting
- Wednesdays (1st and 3rd) 12:30 PM: Bonnie's Paper Crafting
- Wednesdays at 4:00 PM, 5:00 PM, 6:00 PM: Dancing with Jene
- Thursdays at 10:00 AM (2nd Thursday Monthly) : Pruitt Health Hospice
- Thursdays at 10:00 AM (Third Thursday) : Vaya Health
- Thursdays at 10:00 AM (Fourth Thursday) : Officer O'Leary of Yadkin County Sheriff
- Thursdays at 11:00 AM (Every Thursday): BINGO

Feb. 16th at 12:00 PM: Valentine's Party (see sign up sheet)

Feb. 27 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.



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



FEBRUARY 2023


Mon

Tue

Wed

Thu

Fri

		<p>1</p> <p>10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook 12:30 Bonnies Paper Crafting 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p>	<p>2</p> <p>9:30am Scrapbooking w/Judy 11:00 Bingo 7:00pm Yadkin Valley Trail Riders</p>	<p>3</p>
<p>6</p> <p>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>7</p> <p>10:00 Hearing Tests and hearing aid assistance with Miracle Ear Rep Dwight Eisenhoward</p> <p>10:30 Exercise w/Linda—on hold</p>	<p>8</p> <p>10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook 12:30 Bonnies Paper Crafting 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean</p>	<p>9</p> <p>10:00 Pruitt Hospice 11:00 Bingo</p>	<p>10</p>
<p>13</p> <p>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>14</p> <p>10:30 Exercise w/Linda—on hold</p> 	<p>15</p> <p>10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook 12:30 Bonnies Paper Crafting 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean</p>	<p>16</p> <p>10:00 Vaya Mental Health 11:00 Bingo 12:00 Valentine's Party</p>	<p>17</p>
<p>20</p> <p>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>21</p> <p>10:30 Exercise w/Linda—on hold</p>	<p>22</p> <p>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 4:00 Dance w/Jean 1</p>	<p>23</p> <p>10 Officer O'Leary 11:00 Bingo</p>	<p>24</p>
<p>27</p> <p>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>28</p> <p>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.