



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 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: Blood Pressure Checks

Mondays at 11:00 AM: Craft Class

Mondays at 11:00 AM: Quilting Class

Tuesdays at 10:00 AM: Hearing tests and information on obtaining hearing aids.

For appointment call Dwight Eisenhoward 336-366-7327

Tuesdays at 10:00 AM: Tai Chi (also virtual) (beginners welcome!)

Wednesdays at 10:00 AM: Rook (beginners welcome!)

Wednesdays at 1:00 PM: Prayer Shawl Ladies Meeting (beginners welcome!)

Wednesdays (3rd) 12:30 PM: Bonnie's Paper Crafting (3rd only in March)

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's Safety Class

Thursdays at 11:00 AM (Every Thursday): BINGO

March 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.

Day Light Savings Time: Sun, Mar 12, 2023 2:00 AM



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



MARCH 2023

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 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook No Paper Craft Class Today 1:00 Prayer Shawl Class 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p>	<p>2 9:30am Scrapbooking w/Judy 11:00 Bingo 7:00pm Yadkin Valley Trail Riders</p>	<p>3</p>
<p>6 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 Craft Class 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>7 10:00 Tai Chi w/ Larry Pardun</p>	<p>8 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook 1:00 Prayer Shawl Class 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean</p>	<p>9 10:00 Pruitt Hospice 11:00 Bingo</p>	<p>10</p>
<p>13 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 Craft Class 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>14 10:00 Tai Chi w/ Larry Pardun 10:00 Hearing Test and Device Assistance w/ Dwight Eisenhower</p>	<p>15 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook 12:30 Bonnies Paper Crafting 1:00 Prayer Shawl Class 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean</p>	<p>16 10:00 Vaya Mental Health 11:00 Bingo 12:00 St Patty's Day Party See Sign Up Sheet</p>	<p>17 Happy St. Patrick's Day!</p> 
<p>20 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 Craft 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>21 10:00 Tai Chi w/ Larry Pardun</p>	<p>22 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook 1:00 Prayer Shawl Class 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean</p>	<p>23 10 Officer O'Leary 11:00 Bingo</p>	<p>24</p>
<p>27 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 Craft Class 11:00 - 2:30 Quilting 5:00 Friends & Family Birthday Fellowship Meal See Sign Up Sheet 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>28 10:00 Tai Chi w/ Larry Pardun</p>	<p>29 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook 1:00 Prayer Shawl Class 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean</p>	<p>30 11:00 Bingo</p>	<p>31</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.