



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

April 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 (1st & 3rd) 12:30 PM: Bonnie's Paper Crafting

Wednesdays at 4:00 PM, 5:00 PM, 6:00 PM: Dancing with Jene

Thursdays at 9:30AM (2nd Thursday Monthly) : Pruitt Health Hospice

Thursdays at 9:30AM (Third Thursday ): Vaya Health

Thursdays at 9:30 AM (Fourth Thursday ): Officer O'Leary's Safety Class

Thursdays at 10:30 AM (Every Thursday): BINGO

## April 24th at 5 PM: Friends & Family Potluck Fellowship Meal

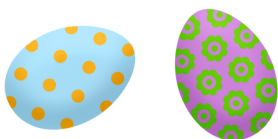
You must sign up and bring a dish to share. If you bring someone please bring enough to feed your people! We will play Quarter Bingo and/or Rook after the meal. The sign up sheet is on the sign in table. Please bring your quarters!

We have N95 masks available for free while supplies last.

If you need one, call or stop by the Senior Center.

## CONGREGATE MEAL SITE REOPENING

We will be reopening the congregate meal site for in-person dining on Friday, May 12. Meals will be served daily, Monday through Friday, at 11:30 AM. Congregate meal pick-up will end on Thursday, May 11 and will no longer be allowed due to the expiration of the Federal Major Disaster Declaration.



## 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



# APRIL 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>3 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>4 10:00 Tai Chi w/ Larry Pardun</p>	<p>5 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>6 <b>9:30 Yadkin EMS/Safety</b> 10:30 Bingo <b>11:30 Easter Party and Easter Egg Hunt</b> <b>Bring a Basket!</b></p>	<p>7 <b>CLOSED</b> <b>Happy Easter!</b></p> 
<p>10 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>11 10:00 Tai Chi w/ Larry Pardun 10:00 Hearing Test and Device Assistance w/ Dwight Eisenhower</p>	<p>12 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>13 <b>9:30 Pruitt Hospice/Health</b> 10:30 Bingo</p>	<p>14</p>
<p>17 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>18 10:00 Tai Chi w/ Larry Pardun</p>	<p>19 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>20 <b>9:30 Vaya Health/Health</b> 10:30 Bingo</p>	<p>21</p>
<p>24 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 Craft Class 11:00 - 2:30 Quilting <b>5:00 Friends &amp; Family Birthday /Easter/ Fellowship Meal</b> <b>See Sign Up Sheet</b> 6:00 Clogging 1 w/Janice</p>	<p>25 10:00 Tai Chi w/ Larry Pardun</p>	<p>26 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>27 <b>9:30 Officer O'Leary/Safety</b> 10:30 Bingo</p>	<p>28</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.