



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

May 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: Quilting Class

**Mondays at 12:30 AM: Craft Class - Time Change!**

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

**Tuesdays at 10:30 Nutritional Bingo (every Tuesday) (New Activity)**

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

Wednesday (1st) at 10:00 AM: Hearing tests and information on obtaining hearing aids. For appointments call Dwight Eisenhoward 336-366-7327

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

**Wednesdays (1st & 3rd) 12:30 PM: Bonnie's Paper Crafting (New Activity)**

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

Thursdays at 9:30AM (1st Monday Monthly) Safety Class with Yadkin EMS

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

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

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

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

## May 22 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.**

Remembering the men and women who died while serving our country.

## 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



Mon

Tue

Wed

Thu

Fri

<p>1 10:00 Flexercise Class/FB 10:30 Cardio Drumming/ FB 11:00 Craft Class 11:00 - 2:30 Quilting 12:30 Craft Class 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>2 10:00 Tai Chi w/ Larry Pardun 10:30 Nutritional Bingo</p>	<p>3 10:00 Rook 12:30 Paper Craft Class 1:00 Prayer Shawl Class 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean</p>	<p>4 <b>9:30 Yadkin EMS/Safety</b> 10:30 Safety Bingo</p>	<p>5 10:00 Friday Funday! Coffee, puzzles, games and cards available. Conversation is half price or free if it's boring.</p>
<p>8 10:00 Flexercise Class/FB 10:30 Cardio Drumming/ FB 11:00 Craft Class 11:00 - 2:30 Quilting 12:30 Craft Class 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>9 10:00 Tai Chi w/ Larry Pardun 10:30 Nutritional Bingo</p>	<p>10 10:00 Rook 10:00 Miracle Ear 1:00 Prayer Shawl Class 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean</p>	<p>11 <b>9:30 Pruitt Hospice/Health</b> 10:30 Safety Bingo</p>	<p>12 10:00 Friday Funday! Coffee, puzzles, games and cards available. Conversation is half price or free if it's boring. <b>11:30 Congregate Lunch starts back today!</b></p>
<p>15 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 - 2:30 Quilting <b>11:30 Congregate Lunch</b> 12:30 Craft Class 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>16 10:00 Tai Chi w/ Larry Pardun 10:30 Nutritional Bingo <b>11:30 Congregate Lunch</b></p>	<p>17 10:00 Rook <b>11:30 Congregate Lunch</b> 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>18 <b>9:30 Vaya Health</b> 10:30 Safety Bingo <b>11:30 Congregate Lunch</b></p>	<p>19 10:00 Friday Funday! Coffee, puzzles, games and cards available. Conversation is half price or free if it's boring. <b>11:30 Congregate Lunch</b></p>
<p>22 10:00 Flexercise Class/FB 10:30 Cardio Drumming/FB 11:00 - 2:30 Quilting <b>11:30 Congregate Lunch</b> 12:30 Craft Class 5:00 Fellowship Meal 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>23 10:00 Tai Chi w/ Larry Pardun 10:30 Nutritional Bingo <b>11:30 Congregate Lunch</b></p>	<p>24 10:00 Rook <b>11:30 Congregate Lunch</b> 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>25 <b>9:30 Officer O'Leary</b> 10:30 Bingo <b>11:30 Congregate Lunch</b></p>	<p>26 10:00 Friday Funday! Coffee, puzzles, games and cards available. Conversation is half price or free if it's boring. <b>11:30 Congregate Lunch</b></p>
<p>29 CLOSED Happy Memorial Day!</p> 	<p>30 10:00 Tai Chi w/ Larry Pardun 10:30 Nutritional Bingo <b>11:30 Congregate Lunch</b></p>	<p>31 10:00 Rook and Games <b>11:30 Congregate Lunch</b> 1:00 Prayer Shawl Class 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean</p>	<p>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more Information.</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.