



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

July 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 10:30 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 Eisenhower 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, \$7PM Dancing with Jene

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

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

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

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

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

Fridays at 10:00 AM Friday Fun Day, Coffee, Puzzles, Games etc.

July 31st 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



JULY 2023



Mon

Tue

Wed

Thu

Fri

<p>3 10:00 Flexercise Class 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch 12:30 Craft Class 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>4 CLOSED Happy 4th of July!</p>	<p>5 10:00 Rook 10:00 Miracle Ear 11:30 Congregate Lunch 12:30 Bonnies Paper Crafts 1:00 Prayer Shawl Ministry 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3 7:00 Dance w/Jean 4</p>	<p>6 9:30 Scrapbooking w/Judy 9:30 Yadkin EMS/Safety 10:30 Safety Bingo 11:30 Congregate Lunch 7:30 Yadkin Valley Trail Riders</p>	<p>7 10:00 Friday Funday! Coffee, puzzles, games and cards available. Conversation is half price or free if it's boring. 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>
<p>10 10:00 Flexercise Class 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch 12:30 Craft Class 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>11 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>12 10:00 Rook 10:00 Miracle Ear 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3 7:00 Dance w/Jean 4</p>	<p>13 9:30 MSA Healthcare 10:30 Safety Bingo 11:30 Congregate Lunch</p>	<p>14 10:00 Friday Funday! Coffee, puzzles, games and cards available. Conversation is half price or free if it's boring. 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>
<p>17 10:00 Flexercise Class 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch 12:30 Craft Class 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>18 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>19 10:00 Rook 11:30 Congregate Lunch 12:30 Bonnies Paper Crafts 1:00 Prayer Shawl Ministry 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3 7:00 Dance w/Jean 4</p>	<p>20 9:30 Vaya Health 10:30 Safety Bingo 11:30 Congregate Lunch</p>	<p>21 10:00 Friday Funday! Coffee, puzzles, games and cards available. Conversation is half price or free if it's boring. 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>
<p>24 10:00 Flexercise Class 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch 12:30 Craft Class 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>25 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>26 10:00 Rook 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3 7:00 Dance w/Jean 4</p>	<p>27 9:30 Officer O'Leary 10:30 Bingo 11:30 Congregate Lunch</p>	<p>28 10:00 Friday Funday! Coffee, puzzles, games and cards available. Conversation is half price or free if it's boring. 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>
<p>31 10:00 Flexercise Class 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch 12:30 Craft Class 5:00 Fellowship Meal 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>			<p>All of our virtual programs can be found on Yadkin Valley Senior Center's Facebook Page</p>	<p>Lunch is served daily at 11:30 a.m. for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more Information.</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.