



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 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 (on hold)

Mondays at 11:00 AM: Quilting Class

Tuesdays at 10:30 Nutritional Bingo

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 (on hold)

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.

November 27 at 5 PM: Friends, Family & Fellowship Meal

We plan to have baked spaghetti. Please see the list to sign up for what is needed. If you bring someone please bring enough to feed your people! We will play Quarter Bingo 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



NOVEMBER 2023



Mon

Tue

Wed

Thu

Fri

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| <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> | <p>1 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</p> | <p>2 9:30 Scrapbook 9:30 Yadkin EMS 10:30 Safety Bingo 11:30 Congregate Lunch</p> | <p>3 10:00 Friday Fun day! Coffee, puzzles, games and cards available. <i>Conversation is half price or free if it's boring.</i> 11:30 Congregate Lunch</p> |
| <p>6 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>7 10:30 Nutritional Bingo 11:30 Congregate Lunch</p> | <p>8 10:00 Dwight Eisenhower-Hearing Aid and Tests 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</p> | <p>9 9:30 Pruitt Health 10:30 Safety Bingo 11:30 Congregate Lunch</p> | <p>10 CLOSED Happy Veterans Day!</p> |
| <p>13 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>14 10:30 Nutritional Bingo 11:30 Congregate Lunch</p> | <p>15 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</p> | <p>16 9:30 Vaya Health 10:30 Safety Bingo 11:30 Congregate Lunch</p> | <p>17 10:00 Friday Fun day! Coffee, puzzles, games and cards available. <i>Conversation is half price or free if it's boring.</i> 11:30 Congregate Lunch</p> |
| <p>20 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>21 10:30 Nutritional Bingo 11:30 Congregate Lunch</p> | <p>22 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</p> | <p>23 CLOSED </p> | <p>24 CLOSED</p> |
| <p>27 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>28 10:30 Nutritional Bingo 11:30 Congregate Lunch</p> | <p>29 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</p> | <p>30 10:30 Safety Bingo 11:30 Congregate Lunch</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.