



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

December 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 Dancing with Jene (starting back on January 3rd!)

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.

December 18 at 5 PM: Friends and Family Fellowship Meal & Christmas Pajama Party - Please wear modest pajamas for our group picture.

Menu: Finger foods > Chips, Dip, Cheese Ball, Sandwiches, Cakes, Pies, Candy etc. and all the Christmas Goodies!

Please sign up for what you want to bring. If you bring someone please bring enough to feed your people! We will play Dirty Santa after the meal. Please bring a \$5 gift if you want to play. If we have time we will also play bingo.

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



DECEMBER 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>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 Dance w/Jean Starting back on January 3rd!</p>	<p>2 9:30 Scrapbook 9:30 Yadkin EMS 10:30 Safety Bingo 11:30 Congregate Lunch</p>	<p>1 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>4 10:00 Flexercise Class 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>5 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>6 10:00 Rook 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Dance w/Jean Starting back on January 3rd!</p>	<p>7 9:30 Pruitt Health 10:30 Safety Bingo 11:30 Congregate Lunch</p>	<p>8 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>11 10:00 Flexercise Class 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>12 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>13 10:00 Rook 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Dance w/Jean Starting back on January 3rd!</p>	<p>14 9:30 Vaya Health 10:30 Safety Bingo 11:30 Congregate Lunch</p>	<p>15 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>18 10:00 Flexercise Class 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>19 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>20 10:00 Rook 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Dance w/Jean Starting back on January 3rd!</p>	<p>21 10:30 Safety Bingo 11:30 Congregate Lunch</p>	<p>22 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>25 CLOSED</p>	<p>26 CLOSED</p>	<p>27 CLOSED</p>	<p>28 CLOSED</p>	<p>29 CLOSED</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.