



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 2024

## 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 Exercise via You Tube programs

Mondays at 10:30 Cardio Drumming via You Tube programs

Mondays at 11:00 AM: Quilting Class

Tuesdays at 10:30 AM (Every Tuesday) Nutritional Bingo

Wednesdays (2nd) at 10:00 AM also by appointment : 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 Dancing with Jene 4,5,& 6PM

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

Thursdays at 9:30 AM (2nd Thursday Monthly) : Medi Health - on Hold

Thursdays at 9:30 AM (3rd Thursday Monthly): Vaya Health

Thursdays at 9:30 AM (4th Thursday Monthly ): Officer O'Leary's Safety Tips

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

**LAST Thursday of the each month at 12:00 PM Birthday Party celebration.**

Please bring snacks or finger foods to share with each other. Expect a fun afternoon of card playing, board games and hopefully charades and karaoke!

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

Last Friday 9:30 to 11:30 AM Craft Day: We will have a different project monthly.

*We have N95 masks available for free while supplies last. If you need one, call or stop by the Senior Center.*

**What did the boy octopus say to the girl octopus on Valentine's Day?  
I want to hold your hand, hand, hand, hand, hand, hand, hand, hand!**



## Happy Valentine's Day!

## 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



# FEBRUARY 2024




Mon

Tue

Wed

Thu

Fri

<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>1 9:30 Scrapbook 9:30 Yadkin EMS 10:00 LGFCU 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>2 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>5 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>6 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>7 10:00 Hearing Tests with Dwight Eisenhoward 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Dance w/Jean 4:00 pm Beginner 5:00 pm Beyond Beginner 6:00 pm Improver</p>	<p>8 9:30 MAS Home Health &amp; Hospice - on Hold 10:30 Safety Bingo 11:30 Congregate Lunch</p>	<p>9 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>12 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>13 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>14 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Dance w/Jean 4:00 pm Beginner 5:00 pm Beyond Beginner 6:00 pm Improver</p> 	<p>15 9:30 Vaya Health 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>16 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>19 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>20 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>21 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Dance w/Jean 4:00 pm Beginner 5:00 pm Beyond Beginner 6:00 pm Improver</p>	<p>22 9:15 to 11:15 <b>Intergenerational Bingo and Discussion with Connections Homeschool Group</b> 11:30 Congregate Lunch 12:00 Rook</p>	<p>23 9:30 -11:30 Crafts 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>26 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>27 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>28 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Dance w/Jean 4:00 pm Beginner 5:00 pm Beyond Beginner 6:00 pm Improver</p>	<p>29 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Rook <b>12:00 Birthday Party for the February Kids!</b></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.