



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2024

## On-site Activities! Call for more information

**Our center is open from 8:00am until 4:30 PM M-F unless otherwise posted.**

Exercise and Cardio Drumming via You Tube programs at 10:00 and 10:30

Mondays at 11:00 AM: Quilting Class

Tuesdays at 10:30AM (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

Thursdays at 12:00PM (2nd Thursday Monthly) Birthday Party and Games!

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.

**January 26th at 12 PM: Birthday Party for all January Babies!** 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!

**Due to issues with some of our folks driving at night, December 18th will be our last Senior Supper for now. Starting in January, we will have Birthday celebrations on the last Thursday of each month at 12:00 PM, immediately following lunch.**

*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



# JANUARY 2024



Mon

Tue

Wed

Thu

Fri

<p>1 CLOSED Happy New Year!</p> 	<p>2 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>3 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>4 9:30 Scrapbook 9:30 Yadkin EMS 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>5 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>8 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>9 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>10 10:00 Hearing Tests with Dwight Eisenhower 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>11 9:30 Pruitt Health 10:30 Safety Bingo 11:30 Congregate Lunch</p>	<p>12 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>15 CLOSED MLK Jr. Day</p>	<p>16 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>17 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>18 9:30 Vaya Health 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>19 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>22 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>23 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>24 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>25 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Rook <b>12:00 Birthday Party for the January Kids!</b></p>	<p>26 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>29 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>30 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>31 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>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 &amp; 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.