



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

April 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 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. 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

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

*** New Activity**

1st Thursday (monthly) at 12:00 PM: My Journey/My Life

Bring family pictures if you want to add them to your journal. I will make a copy for you.

***New Activity**

Tuesday April 23 at 5:00 PM: Widow/Widower's Supper

Covered dish dinner, meat and drinks will be provided by a generous donation from Gentry Funeral Home. Please bring a side dish to share with the group. (This will be held on the fourth Tuesday of each month unless otherwise posted. Updates will be posted on Facebook)

Thank you Gentry Funeral Home!

Information for Services, Referrals & Assistance Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
(Call 336-526-1087 for assistance Jan -Apr)
- 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

We encourage you to SUPPORT the
Yadkin Valley United Fund and the
Yadkin County United Fund



APRIL 2024



Mon

Tue

Wed

Thu

Fri

<p>1</p> <p>10:00 –Chair Exercise 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>2</p> <p>8:30 Coffee Chat 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>3</p> <p>11:30 Congregate Lunch 4:00 pm Beginner 5:00 pm Beyond Beginner 6:00 pm Improver</p>	<p>4</p> <p>8:30 Coffee Chat 9:30 Scrapbook w/Judy 9:30 Yadkin EMS 10:30 Safety Bingo 11:30 Congregate Lunch *12:00 My Journey (journaling class) Bring family pictures if you want to add them to your journal</p>	<p>5</p> <p>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</p> <p>10:00 –Chair Exercise 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>9</p> <p>8:30 Coffee Chat 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>10</p> <p>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</p> <p>9:30 Medi Home Health 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>12</p> <p>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</p> <p>10:00 –Chair Exercise 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>16</p> <p>8:30 Coffee Chat 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>17</p> <p>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</p> <p>9:30 Vaya Health 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>19</p> <p>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</p> <p>10:00 –Chair Exercise 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>23</p> <p>8:30 Coffee Chat 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook *5:00 Gentry Widow/ Widower's Supper (see other side for info)</p>	<p>24</p> <p>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</p> <p>10:30 Safety Bingo</p>	<p>26</p> <p>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>29</p> <p>10:00 –Chair Exercise 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>30</p> <p>8:30 Coffee Chat 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook</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>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.