



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

May 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

Mondays at 6 and 7 Clogging 1 and 2 with Janice

Tuesdays at 9:30 AM Guest Speaker

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

Wednesdays 9:30 Rook

Wednesdays (2nd) at 10:00 AM (also by appointment other days): Hearing tests and information on obtaining hearing aids. Dwight Eisenhoward 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

Thursdays 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.

4th Tuesday of each month 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.

LAST Thursday of 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!

We will be closed on
Memorial Day
May 27th.



Remembering the men and women who died while serving our country.

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



MAY 2024



Mon

Tue

Wed

Thu

Fri

<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>	<p>1 8:30 Coffee Chat 9:30 Rook 10:00 Hearing Tests 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>2 8:30 Coffee Chat 9:30 EMS/Kelly Byrd 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>3 8:30 Coffee Chat 10:00 Brain Games with John (Sudoku 101) Coffee, puzzles, games and cards available. 11:30 Congregate Lunch</p>
<p>6 8:30 Coffee Chat 10:00 –Chair Exercise 11:00 - 2:30 Quilting 11:30 Congregate Lunch Clogging with Janice 6:00 Clogging 1 Beginners 7:00 Clogging 2 Improvers</p>	<p>7 8:30 Coffee Chat 9:30 Guest Speaker 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>8 8:30 Coffee Chat 9:30 Rook 10:00 Hearing Tests 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>9 8:30 Coffee Chat 9:30 Medi Health 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>10 8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available. 11:30 Congregate Lunch</p>
<p>13 8:30 Coffee Chat 10:00 –Chair Exercise 11:00 - 2:30 Quilting 11:30 Congregate Lunch Clogging with Janice 6:00 Clogging 1 Beginners 7:00 Clogging 2 Improvers</p>	<p>14 8:30 Coffee Chat 9:30 Bingo w/Jennifer MVH 10:30 Nutritional Bingo 11:30 Congregate Lunch Older American Celebration Dinner and Bingo 5:00pm at Yadkinville Senior Center must RSVP to Sandra, Lori or Heather</p>	<p>15 8:30 Coffee Chat 9:30 Rook 10:00 Hearing Tests 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>16 8:30 Coffee Chat 9:30 Vaya Health 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>17 8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available.</p>
<p>20 8:30 Coffee Chat 10:00 –Chair Exercise 11:00 - 2:30 Quilting 11:30 Congregate Lunch Clogging with Janice 6:00 Clogging 1 Beginners 7:00 Clogging 2 Improvers</p>	<p>21 8:30 Coffee Chat 9:30 Guest Speaker 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>22 8:30 Coffee Chat 9:30 Rook 10:00 Hearing Tests 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>23 8:30 Coffee Chat 9:30 Officer O'Leary 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>24 8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available. 11:30 Congregate Lunch</p>
<p>27 Closed Memorial Day </p>	<p>28 8:30 Coffee Chat 10:30 Nutritional Bingo 11:30 Congregate Lunch 5:00 Gentry Widow/ Widower's Supper Must RSVP to Sandra</p>	<p>29 8:30 Coffee Chat 9:30 Rook 10:00 Hearing Tests 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>30 8:30 Coffee Chat 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>31 8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available. 11:30 Congregate Lunch</p>

Mission Statement: To improve and maintain independent wellness for the senior community through advocacy, nutrition,