



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

June 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 AM: Chair Exercise via You Tube programs

Mondays at 11:00 AM: Quilting Class

Tuesdays at 9:30 AM: Guest Speaker

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

Wednesdays 9:30 AM: 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 at 4:00PM, 5:00PM & 6:00 PM: Dancing with Jene

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

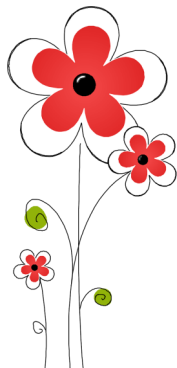
Friday Fun Day at 9:30 AM -11:30AM: Card games and puzzles available

## 4th Tuesday of each month 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.

## 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 .



## 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



# JUNE 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>All of our virtual programs can be found on Yadkin Valley Senior Center's Facebook Page</p>			
<p>3 8:30 Coffee Chat 10:00 –Chair Exercise 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>	<p>4 8:30 Coffee Chat 9:30 Guest Speaker 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>5 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>6 8:30 Coffee Chat 9:30 Guest Speaker 10:30 Safety Bingo 11:30 Congregate Lunch <b>Senior Games/Silver Follies at Yadkin Arts Council 10:00am until...</b></p>	<p>7 8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available. 11:30 Congregate Lunch</p>
<p>10 8:30 Coffee Chat 10:00 –Chair Exercise 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>	<p>11 8:30 Coffee Chat <b>9:30 Bingo w/Jennifer MVH</b> 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>12 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>13 8:30 Coffee Chat 9:30 Guest Speaker 10:30 Safety Bingo 11:30 Congregate Lunch</p>	<p>14 8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available.</p>
<p>17 8:30 Coffee Chat 10:00 –Chair Exercise 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>	<p>18 8:30 Coffee Chat 9:30 Guest Speaker 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>19 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>20 8:30 Coffee Chat <b>9:30 Vaya Health</b> 10:30 Safety Bingo 11:30 Congregate Lunch</p>	<p>21 8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available. 11:30 Congregate Lunch</p>
<p>24 8:30 Coffee Chat 10:00 –Chair Exercise 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>	<p>25 8:30 Coffee Chat 9:30 Guest Speaker 10:30 Nutritional Bingo 11:30 Congregate Lunch <b>5:00 Gentry Widow/ Widower's Supper Must RSVP to Sandra</b></p>	<p>26 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>27 8:30 Coffee Chat 9:30 Officer O'Leary-cancelled this month 10:30 Safety Bingo 11:30 Congregate Lunch <b>12:00pm Birthday Party</b></p>	<p>28 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,