



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 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 9:30AM: (1st Tuesday) Guest Speaker

Tuesdays at 9:30 AM: (2nd Tuesday) Guest Speaker

Tuesdays at 9:30 AM: (3rd Tuesday) Guest Speaker

Tuesdays at 9:30 AM: (4th Tuesday) Guest Speaker

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

Wednesdays 10:00 AM: Rook

Wednesdays at 1:00 PM: Prayer Shawl Ladies Meeting (beginners welcome!)

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

Thursday at 9:30 AM: (1st Thursday Monthly) Guest Speaker

Thursdays at 9:30 AM: (2nd Thursday Monthly) Guest Speaker

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

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 donation from Gentry Funeral Home. Please bring a side dish to share with the group.

RSVP at 336-526-1087 (Sandra Sawyers Johnson)

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, and 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



SEPTEMBER 2024



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Closed</p> <p>Happy Labor Day!</p> 	<p>3</p> <p>8:30 Coffee Chat 9:30 Guest Speaker 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>4</p> <p>8:30 Coffee Chat 10:00 Rook 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>5</p> <p>8:30 Coffee Chat 9:30 Guest Speaker 10:30 Safety Bingo 11:30 Congregate Lunch</p>	<p>6</p> <p>8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available. 11:30 Congregate Lunch</p>
<p>9</p> <p>8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>	<p>10</p> <p>8:30 Coffee Chat 9:30 Jennifer w MVH 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>11</p> <p>8:30 Coffee Chat 10:00 Rook 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>12</p> <p>8:30 Coffee Chat 9:30 Second Harvest - Cooking Matters 10:30 Safety Bingo 11:30 Congregate Lunch</p>	<p>13</p> <p>8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available. 11:30 Congregate Lunch</p>
<p>16</p> <p>8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>	<p>17</p> <p>8:30 Coffee Chat 9:30 Bingo and Info w/ Brittany Russell 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>18</p> <p>8:30 Coffee Chat 10:00 Rook 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>19</p> <p>8:30 Coffee Chat 9:30 Partners Health 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 (at Booneville) Getting Ready to Retire Event</p>	<p>20</p> <p>8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available.</p>
<p>23</p> <p>8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>	<p>24</p> <p>8:30 Coffee Chat 9:30 Guest Speaker 10:30 Nutritional Bingo 11:30 Congregate Lunch 5:00 PM: Widow/Widower's Supper</p>	<p>25</p> <p>8:30 Coffee Chat 10:00 Rook 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>26</p> <p>8:30 Coffee Chat 9:30 Deputy O'Leary-Safety 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 BIRTHDAY PARTY 12:00 Cooking Class w/ Second Harvest Bank (6 consecutive week class) Must register w/Sandra</p>	<p>27</p> <p>8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available. 11:30 Congregate Lunch</p>
<p>30</p> <p>8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch</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,