



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 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 YouTube programs

Mondays at 10:30 AM: Cardio Drumming via YouTube 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 4:00 PM, 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): Partner's 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 -11:30 AM: Card games and puzzles available

## 4th Tuesday of each month at 5:00 PM: Widow/Widower's Supper

10/22/24 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 to Sandra Sawyers Johnson

## NEW ACTIVITIES

10/16/24 2:00 PM: Prayer Shawl Dedication with Hospice

10/28/24 5:00 PM: Halloween (and Birthday Party) Friends and Family Welcome.

Please bring a covered dish to share and bring enough to feed your group.

See sign up sheet for menu.



## 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



# OCTOBER 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>1 8:30 Coffee Chat <b>9:30 Info/Bingo w Brittany</b> 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>2 8:30 Coffee Chat 10:00 Rook 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Line Dance w/Jene 4:30 pm Beginner 5:30 pm Beyond Beginner 6:30 pm Improver</p>	<p>3 8:30 Coffee Chat <b>9:00 Hearing Tests</b> 9:30 Guest Speaker 10:30 Safety Bingo 11:30 Congregate Lunch <b>12:00 Cooking Matters Class</b></p>	<p>4 8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available. 11:30 Congregate Lunch</p>
<p>7 8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>	<p>8 8:30 Coffee Chat 9:30 <b>Jennifer w MVH</b> 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>9 8:30 Coffee Chat 10:00 Rook 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Line Dance w/Jene 4:30 pm Beginner 5:30 pm Beyond Beginner 6:30 pm Improver</p>	<p>10 8:30 Coffee Chat <b>9:30 Guest Speaker</b> 10:30 Safety Bingo 11:30 Congregate Lunch <b>12:00 Cooking Matters Class</b></p>	<p>11 8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available. 11:30 Congregate Lunch</p>
<p>14 8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>	<p>15 8:30 Coffee Chat <b>9:30 Guest Speaker</b> 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>16 8:30 Coffee Chat 10:00 Rook 11:30 Congregate Lunch 2:00 Prayer Shawl Dedication Line Dance w/Jene 4:30 pm Beginner 5:30 pm Beyond Beginner 6:30 pm Improver</p>	<p>17 8:30 Coffee Chat <b>9:30 Partners Health</b> 10:30 Safety Bingo 11:30 Congregate Lunch <b>12:00 Cooking Matters Class</b></p>	<p>18 8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available.</p>
<p>21 8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>	<p>22 8:30 Coffee Chat 9:30 <b>Guest Speaker</b> 10:30 Nutritional Bingo 11:30 Congregate Lunch <b>5:00 PM: Widow/Widower's Supper</b></p>	<p>23 8:30 Coffee Chat 10:00 Rook 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Line Dance w/Jene 4:30 pm Beginner 5:30 pm Beyond Beginner 6:30 pm Improver</p>	<p>24 8:30 Coffee Chat <b>9:30 Deputy O'Leary-Safety</b> 10:30 Safety Bingo 11:30 Congregate Lunch <b>12:00 Cooking Matters Class</b></p>	<p>25 8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available. 11:30 Congregate Lunch</p>
<p>28 8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch <b>5:00 Halloween and Birthday Party (Friends and Family Welcome) See sign up sheet</b></p>	<p>29 8:30 Coffee Chat 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>30 8:30 Coffee Chat 10:00 Rook 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Line Dance w/Jene 4:30 pm Beginner 5:30 pm Beyond Beginner 6:30 pm Improver</p>	<p>31 8:30 Coffee Chat 10:30 Safety Bingo 11:30 Congregate Lunch <b>12:00 Cooking Matters Class</b> <b>Happy Halloween!</b></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,