



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 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 4:30 PM, 5:30PM & 6:30 PM: Dance 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

November 18th at 5:00 PM: Friends and Family Fellowship/Birthday Party

We will be having home made vegetable beef soup and sandwiches.

Please see sign up sheet in dining room.

November 19th 11:00am to 12:00pm Thanks for Giving Lunch

Volunteer Appreciation luncheon for Center Volunteers

November 26th 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. Please see sign up sheet in dining room

RSVP at 336-526-1087 to Sandra Sawyers Johnson



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
- Hospice Care



We encourage you to SUPPORT the Yadkin Valley United Fund



NOVEMBER 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 the Yadkin Valley Senior Center's Facebook Page</p> 		<p>1 8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available. 11:30 Congregate Lunch</p>
<p>4 8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>	<p>5 CLOSED FOR VOTING</p> 	<p>6 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>7 8:30 Coffee Chat 9:00 Scrapbooking Class 9:30 Guest Speaker 10:30 Safety Bingo 11:30 Congregate Lunch</p>	<p>8 8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available. 11:30 Congregate Lunch</p>
<p>11 CLOSED Honoring the service of our former United States Armed Forces personnel</p> 	<p>12 8:30 Coffee Chat 9:30 Guest Speaker 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>13 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>14 8:30 Coffee Chat 9:30 Guest Speaker 10:30 Safety Bingo 11:30 Congregate Lunch</p>	<p>15 8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available.</p>
<p>18 8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch 5:00 Thanksgiving and Birthday Party (Friends and Family Welcome) See sign up sheet</p>	<p>19 8:30 Coffee Chat 9:30 Guest Speaker 10:30 Nutritional Bingo 11:30 Congregate Lunch</p>	<p>20 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>21 8:30 Coffee Chat 9:30 Deputy O'Leary-Safety 10:30 Safety Bingo 11:30 Congregate Lunch</p>	<p>22 8:30 Coffee Chat 10:00 Brain Games Coffee, puzzles, games and cards available. 11:30 Congregate Lunch</p>
<p>25 8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 - 2:30 Quilting 11:30 Congregate Lunch</p>	<p>26 8:30 Coffee Chat 10:30 Nutritional Bingo 11:30 Congregate Lunch 5:00 PM: Better Together-Widow/Widower's Supper</p>	<p>27 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 Community Meal 5pm-7pm RSVP to 336-244-8273</p>	<p>28 CLOSED</p> 	<p>29 CLOSED</p>

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