



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 2025

**On-site Activities! Call 336-526-1087 for more information.**

**Our center is open from 8:00am until 4:30 PM M-F unless otherwise posted.**

*Holidays will effect this regular schedule as we will be closed on some days.*

**See other side.**

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 9:30 AM: Slot reserved for speaker, see other side for scheduled dates

Tuesdays at 10:30 AM: 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 (beginners welcome)

Thursday at 9:30 AM: 1st Thursday Monthly Alps Mtn. Hearing Free Hearing Tests

Thursdays at 9:30 AM: Slot reserved for speaker, see other side for scheduled dates

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: Safety Bingo

Friday 10:00 AM : Crafting Together.

**March 6th 11-2 Yadkin Valley Senior Games Bingo! This event is for ages 50 and better. Come out and help us gear up for our 2025 Senior Games Event. Free Food! Free Prizes! Location: 915 E Atkins Street Dobson, NC 27017**

**March 17th 12:00 St Patrick's Day Party and Bingo! Bring a snack to share!**

**March 18 at 5:00 PM: Better Together Support Group**

Meat and drinks provided by a donation from Gentry Funeral Home. See sign up sheet at center to see what is needed.

**RSVP at 336-526-1087 to Sandra Sawyers Johnson**

**March 24 at 5:00 PM: Friends and Family Birthday Supper and Bingo**

See sign up sheet at center to see what is needed. We will play quarter bingo after our meal.

Happy   
St. Patrick's Day

**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





# MARCH 2025



Mon

Tue

Wed

Thu

Fri

	<p><b>REMINDER:</b> Daylight Savings Time March 9th</p>			
<p>3 8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 Quilting 11:30 Congregate Lunch</p>	<p>4 8:30 Coffee Chat 9:30 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>5 8:30 Coffee Chat 10:00 Rook 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</p>	<p>6 8:30 Coffee Chat 9:30 Alps Mtn. Free Hearing Tests 10:30 Safety Bingo 11am—2pm Spring Bingo At Dobson - See other side 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>7 8:30 Coffee Chat 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>10 8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 Quilting 11:30 Congregate Lunch</p>	<p>11 8:30 Coffee Chat 9:30 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Valentine's Party 12:00 Phase 10 or Rook</p>	<p>12 8:30 Coffee Chat 10:00 Rook 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</p>	<p>13 8:30 Coffee Chat 9:30 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>14 8:30 Coffee Chat 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>17 8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 Quilting 11:30 Congregate Lunch 12:00 St Patrick's Day Party and Bingo! <b>Happy St. Patrick's Day</b></p>	<p>18 8:30 Coffee Chat 9:30 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 5:00 Better Together Support Group Call 336-526-1087</p>	<p>19 8:30 Coffee Chat 10:00 Rook 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</p>	<p>20 8:30 Coffee Chat 9:30 Partners BH 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook  <b>1st Day of Spring</b></p>	<p>21 8:30 Coffee Chat 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>24 8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 Quilting 11:30 Congregate Lunch 5:00 Friends and Family Birthday Supper</p>	<p>25 8:30 Coffee Chat 9:30 Victoria/Wilkes Rehab 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>26 8:30 Coffee Chat 10:00 Rook 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</p>	<p>27 8:30 Coffee Chat 9:30 Deputy O'Leary 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 12-6pm Showcase Elkin @ Yadkin Center Surry Community College</p>	<p>28 8:30 Coffee Chat 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>31 8:30 Coffee Chat 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 Quilting 11:30 Congregate Lunch</p>				

**Mission Statement:** To improve and maintain independent wellness for the senior community through advocacy, nutrition, volunteerism and vigorous programming to promote healthy minds, bodies and spirits.