



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

April 2025

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.

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



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 programs 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.

April 15 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

April 17th 12:00 Easter Party

April 28 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.

New Program! "Getting to know YOU"- April 29th at 9:30 AM

Please see Sandra to sign up for a spot to share your favorite memories, pictures and stories. This will be a monthly program held on the last Tuesday of each month at 9:30am.

This month's speaker: Richard "Jonesy" Jones

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



APRIL 2025



| Mon | Tue | Wed | Thu | Fri |
|--|--|---|---|--|
|  | <p>1</p> <p>8:30 Walking and Talking 9:30 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p> | <p>2</p> <p>8:30 Walking and Talking 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry</p> <p>Line Dance with Jene 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</p> | <p>3</p> <p>8:30 Walking and Talking 9:30 Alps Mtn. Free Hearing Tests 9:30 Scrapbooking wJudy 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p> | <p>4</p> <p>8:30 Walking and Talking 10:00 Crafting Together 11:30 Congregate Lunch</p> |
| <p>7</p> <p>8:30 Walking and Talking 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 Quilting 11:30 Congregate Lunch</p> | <p>8</p> <p>8:30 Walking and Talking 9:30 Hope Sprinkle Yadkin County Services for the Blind 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p> | <p>9</p> <p>8:30 Walking and Talking 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry</p> <p>Line Dance with Jene 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</p> | <p>10</p> <p>8:30 Walking and Talking 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p> | <p>11</p> <p>8:30 Walking and Talking 10:00 Crafting Together 11:30 Congregate Lunch</p> |
| <p>14</p> <p>8:30 Walking and Talking 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 Quilting 11:30 Congregate Lunch</p> | <p>15</p> <p>8:30 Walking and Talking 9:30 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 5:00 Better Together Support Group</p> | <p>16</p> <p>8:30 Walking and Talking 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry</p> <p>Line Dance with Jene 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</p> | <p>17</p> <p>8:30 Walking and Talking 9:30 Partners BH 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Easter Party 12:00 Phase 10 or Rook</p> | <p>18</p> <p>CLOSED</p> <p>Happy Easter</p> |
| <p>21</p> <p>8:30 Walking and Talking 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 Quilting 11:30 Congregate Lunch</p> | <p>22</p> <p>8:30 Walking and Talking 9:30 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p> | <p>23</p> <p>8:30 Walking and Talking 10:00 Open 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry</p> <p>Line Dance with Jene 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</p> | <p>24</p> <p>8:30 Walking and Talking 9:30 Deputy O'Leary 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p> | <p>25</p> <p>8:30 Walking and Talking 10:00 Crafting Together 11:30 Congregate Lunch</p> |
| <p>28</p> <p>8:30 Walking and Talking 10:00 Chair Exercise 10:30 Cardio Drumming 11:00 Quilting 11:30 Congregate Lunch 5:00 Friends and Family Birthday Supper</p> | <p>29</p> <p>8:30 Walking and Talking 9:30 Getting to know YOU 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p> | <p>30</p> <p>8:30 Walking and Talking 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry</p> <p>Line Dance with Jene 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</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.