



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

June 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 9:30am Low Impact Zumba Class — New! (Starting June 16th)

Mondays at 10:00 AM: Exercise with Amy (Live and Virtual)

Mondays at 10:30 AM: Cardio Drumming (Live and Virtual)

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, 5:30 PM & 6:30 PM: Dance with Jene (beginners welcome)

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

Thursday at 9:30 AM 1st Thursday Scrapbooking with Judy

Thursday at 9:30 AM: 1st Thursday Monthly "Healthy Mindsets"

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

June 17 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**

June 23 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.

June 24 at 9:30 AM: "Getting to know YOU"

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 9:30 AM.

New Program!

June 16th Zumba with Gabi



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




Mon

Tue

Wed

Thu

Fri

<p>2</p> <p>10:00 Exercise with Amy Live and Virtual</p> <p>10:30 Cardio Drumming Live and Virtual</p> <p>11:00 Quilting</p> <p>11:30 Congregate Lunch</p>	<p>3</p> <p>9:30</p> <p>10:30 Nutritional Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p>	<p>4</p> <p>11:30 Congregate Lunch</p> <p>1:00 Prayer Shawl Ministry</p> <p>Line Dance with Jene</p> <p>4:30 Beginner</p> <p>5:30 Beyond Beginner</p> <p>6:30 Improver</p>	<p>5</p> <p>9:30 Alps Mtn. Hearing</p> <p>9:30 Healthy Mindsets</p> <p>9:30 Scrapbooking w/Judy</p> <p>10:30 Safety Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p> <p>1:00 Senior Stroll and Scavenger Hunt</p> <p>2:00 Create a Hiking Stick</p>	<p>6</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p>
<p>9</p> <p>10:00 Exercise with Amy Live and Virtual</p> <p>10:30 Cardio Drumming Live and Virtual</p> <p>11:00 Quilting</p> <p>11:30 Congregate Lunch</p>	<p>10</p> <p>9:30</p> <p>10:30 Nutritional Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p>	<p>11</p> <p>11:30 Congregate Lunch</p> <p>1:00 Prayer Shawl Ministry</p> <p>Line Dance with Jene</p> <p>4:30 Beginner</p> <p>5:30 Beyond Beginner</p> <p>6:30 Improver</p>	<p>12</p> <p>10:30 Safety Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p>	<p>13</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p>
<p>16</p> <p>9:30 Zumba with Gabi</p> <p>10:00 Exercise with Amy Live and Virtual</p> <p>10:30 Cardio Drumming Live and Virtual</p> <p>11:00 Quilting</p> <p>11:30 Congregate Lunch</p>	<p>17</p> <p>9:30</p> <p>10:30 Nutritional Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p> <p>5:00 Better Together Support Group (MUST SIGN UP)</p>	<p>18</p> <p>11:30 Congregate Lunch</p> <p>1:00 Prayer Shawl Ministry</p> <p>Line Dance with Jene</p> <p>4:30 Beginner</p> <p>5:30 Beyond Beginner</p> <p>6:30 Improver</p>	<p>19</p> <p>9:30</p> <p>10:30 Safety Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p>	<p>20</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p>
<p>23</p> <p>9:30 Zumba with Gabi</p> <p>10:00 Exercise with Amy Live and Virtual</p> <p>10:30 Cardio Drumming Live and Virtual</p> <p>11:00 Quilting</p> <p>11:30 Congregate Lunch</p> <p>5:00pm Friends and Family Fellowship Meal (MUST SIGN UP)</p>	<p>24</p> <p>9:30 Getting to know YOU - Annette Darnell</p> <p>10:30 Nutritional Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p>	<p>25</p> <p>11:30 Congregate Lunch</p> <p>1:00 Prayer Shawl Ministry</p> <p>Line Dance with Jene</p> <p>4:30 Beginner</p> <p>5:30 Beyond Beginner</p> <p>6:30 Improver</p>	<p>26</p> <p>8:30 Partners BH</p> <p>9:30 Deputy O'Leary</p> <p>10:30 Safety Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p>	<p>27</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p>
<p>30</p> <p>9:30 Zumba with Gabi</p> <p>10:00 Exercise with Amy Live and Virtual</p> <p>10:30 Cardio Drumming Live and Virtual</p> <p>11:00 Quilting</p> <p>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.