

YADKIN VALLEY SENIOR CENTER

HAPPY HOLIDAYS



YVEDDI
YADKIN VALLEY ECONOMIC
DEVELOPMENT DISTRICT, INC.

A North Carolina Senior Center of Excellence

December 2014

Information and Referral

Fitness Health Promotion
Senior Games
Family Support Groups
Transportation Medical/General
Caregivers Classes
Energy Assistance
Home Repair/ Modification
Medicaid/Medicare Benefits
Job Training Placement
Telephone Reassurance
Disaster Services
Long-term Care Facilities
Rehabilitation Services
Durable Medical Equipment Asst. Device
Health Screenings
Food Distribution
Tax Preparation Counseling
Legal Services
Respite Housing
Adult Day Care/Day Health
Reverse Mortgage Counseling
Home Health Services
In-home Aide Services
Hospice Care
Social Security Benefits
Community Mental Health
Congregate/Home Delivered Meals
Insurance Counseling
Report Suspected Abuse, Neglect or Exploitation



Important Announcements

TRIP to Christmas Play in Mt. Airy & Christmas Caroling in Elkin December 11: We will be traveling to Mt. Airy to see a play hosted by the Surry County Senior Center and we will make two stops on the way to Christmas carol at two nursing facilities in Elkin.

Starmount High School Chorus Concert December 16: Join us at 10:00 AM for a Christmas Concert by some talented students from Starmount High School!

Prayer Shawl Dedication/Volunteer Appreciation Supper December 16: We will be celebrating the work of the Prayer Shawl Ministry and recognizing all of the senior center's amazing volunteers. We will have a potluck dinner, so feel free to bring a yummy dish. Prizes and special gifts sponsored by YVEDDI's RSVP Program. 5:00 PM—7:00 PM

Christmas Party December 23: Sponsored by the Yadkin Valley Red Hat Society. Good food, good friends, and good fellowship! All are welcome!

CHRISTMAS PARTY @ THE MOOSE LODGE
FRIDAY, DECEMBER 19th 5-9 p.m.




ADVANCED TICKETS - \$10.00

TICKETS AT THE DOOR \$15.00

Join us as the Yadkin Senior Centers come together to celebrate the Christmas season with fellowship, food, and fun!

Dinner will be catered by A Taste of Italy and served at 6:00 p.m. Live Music and lots of door prizes! There will be limited seating—purchase your ticket today! Call Jennifer at 336.526.1087 with any questions.

December 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1 11:00 Christmas in Peru 11:00 Quilting 11:30 Lunch 12:30 Bible Study	2 8:00 Best Value Hearing Screenings 10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:30 Lunch 11:30 Mountain Valley Hospice Presentation	3 10:00 Pickle-Ball 10:00 Bingo 11:00 Arlington Fire Dept. 11:30 Lunch 12:30 Prayer Shawls 12:30 Rook	4 9:00 Sewing 10:00 Bingo 11:00 TEACH Home- school Christmas Program 11:30 Lunch 7:30 Yadkin Valley Trail Riders	5 11:00 Yadkin Valley Home Health Exercise 11:30 Lunch
8 11:00 Christmas in Germany 11:00 Quilting 11:30 Lunch	9 10:30 Aerobic Exercise 10:30 Blood Pressure Checks 11:30 Lunch 11:30 D-Rex Presentation	10 10:00 Pickle-Ball 10:00 Bingo 11:30 Lunch 12:30 Prayer Shawls 12:30 Rook	11 9:00 Sewing 10:00 Bingo 11:30 Lunch 1:00 Book Club Trip to Christmas Play in Mt. Airy and Christmas Caroling in Elkin	12 10:30 Gift Wrapping for Seniors with Crissy Prevette 11:30 Lunch
15 11:00 "Coping with the Holidays" with Blue Ridge Care Net 11:00 Quilting 11:30 Lunch	16 10:00 Starmount High school Chorus Concert 10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:30 Lunch 5:00 Prayer Shawl Dedication/Volunteer Recognition/Senior Supper	17 10:00 Pickle-Ball 10:00 Bingo 10:45 Pleasant Hill Daycare Concert 11:30 Lunch 12:30 Prayer Shawls 12:30 Rook	18 9:00 Sewing 10:00 Bingo 11:00 Deputy Sharon Diaz—Safety During the Holidays 11:30 Lunch Christmas Dance 5:00 PM-9:00 PM	19 10:00 "Keep your Memory Active" with Emily Parks of Hugh Chatham Memorial Hospital 11:30 Lunch
22 11:00 Lynn Johnson with Pruitt Home Health 11:00 Quilting 11:30 Lunch	23 10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:00 Christmas Party 11:30 Lunch	24 CLOSED	25 CLOSED	26 CLOSED
29 11:00 Quilting 11:30 Lunch 11:30 "Preventing Falls" with Joshua Holbrook of Pruitt Home Health	30 10:30 Blood Pressure Checks 10:30 Aerobic Exercise 11:00 Christmas Fun	31 10:00 Pickle-Ball 10:00 Bingo 11:30 Lunch 12:30 Prayer Shawls 12:30 Rook		
				
				
				<p>Lunch served Monday-Friday at 11:30 a.m. for ages 60 and older.</p> <p>Registration required.</p> <p>See Nutrition Site Manager, Tracey Anderson, to pre-registered.</p>

Mission Statement: "To Enhance the Quality of life for Older Adults"