



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

MAY 2017

Important Announcements:



Remembering the men and women who died while serving our country.

NEW:

Fun Day Friday's at 11 AM

We will start the day with fun!

Minute To Win It, Price Is Right, Beach Ball Volleyball, you name it we will play it.

Tuesdays at 11:00 AM

Nutrition Bingo

You could win nutritional food items like veggies, and snacks.

May 12th at 10:30 AM

Mothers Day celebration

May 25th at 12:00 PM

Older American Month Celebration

Learn Facts with the Jonesville Public Library and enjoy ice cream sundae's

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



Our Newsletter can be found on the YVEDDI website. Click on the senior center tab then arrow down to senior center of your choice. There you will find the latest newsletter, you can also like us on FACEBOOK.



MAY 2017

Mon	Tue	Wed	Thu	Fri
1 10 Line Dancing 11 Quilting 11 Exercise with Natalie 1:30 Aquatic Class 5:00 Clogging	2 10:30 Linda's Exercise 11 Nutrition Bingo 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2	3 10 Pickleball 10 Bingo 11 Exercise w/YVHH 11 BP checks 12:30 Prayer Shawls	4 9 Sewing 11 Likes and Dislikes	5 9 Caregivers class 10 Coffee Chat 11 Fun Day Friday 11 Trivia w/ Alice 1:30 Aquatic Class
8 10 Line Dancing 11 Exercise with Natalie 11 Quilting 1:30 Aquatic Class 5:00 Clogging	9 10:30 Linda's Exercise 11 Nutrition Bingo 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2	10 10 Pickleball 10 Bingo 11 Exercise w/YVHH 12:30 Prayer Shawls	11 9 Sewing 11 Show and Tell 7:30 YV Trail Riders	12 10 Coffee Chat 11 Fun Day Friday 11 Mothers Day Special 11 D-Rex Pharmacy 1:30 Aquatic Class
15 10 Line Dancing 11 Exercise with Natalie 11 Quilting 1:30 Aquatic Class 5:00 Clogging	16 10:30 Linda's Exercise 11 Nutrition Bingo 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2	17 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawls	18 9 Sewing 11 Deputy Diaz	19 10 Coffee Chat 11 Fun Day Friday 1:30 Aquatic Class
22 10 Line Dancing 11 Quilting 11 Exercise with Natalie 1:30 Aquatic Class 5:00 Clogging	23 10:30 Linda's Exercise 11 Nutrition Bingo 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2	24 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawl	25 9 Sewing 11 Georges Band 11 Birthday Celebration 12 Older American Month Celebration	26 10 Coffee Chat 11 Fund Day Friday 11 Memorial Day Honor 1:30 Aquatic Class
29 CLOSED Memorial Day	30 10:30 Linda's Exercise 11 Nutrition Bingo 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Beginner Shag 2	31 10 Bingo 10 Pickleball 11 Exercise w/YVHH 12:30 Prayer Shawl	Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.	 

Mission Statement: "To improve or maintain independent wellness for the older adult through advocacy and vigorous programming."