



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 2017

Important Announcements:

The following classes are currently being offered at YVSC:

- Mondays at 10:00 am Line Dancing - \$2 per class
 - Mondays at 11:00 am Quilting - Free
 - Mondays at 6:00 pm Clogging - \$20 per month
 - Tuesdays at 10:30 am Exercise - Free
 - Tuesdays at 6:30 pm Beginners Shag 1- \$5 per class
 - Tuesdays at 7:45 pm Shag 2 - \$5 per class
 - Wednesdays at 12:30pm Prayer Shawl (knit/crochet) - Free
 - Thursdays at 9:00am Sewing - \$5 for a 3 hour lesson
 - First Thursday of month 9:30am-3:00pm Scrapbooking - \$5 a class
 - Fridays at 9:30- 11:30 Pickle Ball Free
- Please call 336-526-1087 for more information!



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

Pictures from the Information & Wellness Fair held on October 13th.



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.

INCLEMENT WEATHER POLICY

The Senior Center follows the same inclement weather closings as the Yadkin County School System.





We encourage you to SUPPORT the Yadkin Valley United Fund and the Yadkin County United Fund



If you would like to receive our newsletter via email please contact me at sjohnson@yveddi.com.

NOVEMBER 2017

Mon	Tue	Wed	Thu	Fri
Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.	 YVEDDI YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.	1 10:30 Bingo 12:30 Prayer Shawls	2 9:00 Sewing \$ 9:30 Scrapbooking \$ (No Meeting this month) 11:00 Puzzle Day 7:30 YV Trail Riders	3 9:30 -11:30 Pickleball 10:00 Coffee Chat 11:00 Game Day Friday
6 10:00 Line Dancing \$ 11:00 Show and Tell 11:00 Quilting 6:00 Clogging \$	7 CLOSED Election	8 10:30 Bingo 12:30 Prayer Shawls	9 9:00 SHIIP 9:00 Sewing \$ 11:00 Puzzle Day	10 CLOSED Veteran's Day
13 10:00 Line Dancing \$ 11:00 Show and Tell 11:00 Quilting 6:00 Clogging \$	14 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	15 10:30 Bingo 12:30 Prayer Shawls	16 9:00 Sewing \$ 10:00 Signa Bingo 11:00 Puzzle Day	17 9:30 -11:30 Pickleball 10:00 Coffee Chat 11:00 Game Day Friday
20 9:30 Girly Girls Club 10:00 Line Dancing \$ 11:00 Quilting 11:00 Show and Tell 6:00 Clogging \$	21 10:00 Vaya Health 10:30 Linda's Exercise 10:30 Nutritional BINGO 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	22 10:30 Bingo 12:30 Prayer Shawls	23 CLOSED Thanksgiving Holiday	24 CLOSED Thanksgiving Holiday
27 10:00 Line Dancing \$ 11:00 Quilting 11:00 Show and Tell 6:00 Clogging \$	28 10:30 Linda's Exercise 10:30 Nutrition BINGO 11:00 Deputy Diaz 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	29 10:30 Bingo 12:30 Prayer Shawls	30 9:00 Sewing \$ 11:00 Puzzle Day	



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