



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 2017

## Important Announcements:

**October 3rd Dixie Classic Fair!** Call or stop by to register.

**October 11th Flu Shots** by D-Rex Pharmacy (please bring your insurance cards)

**Oct. 13th Information Fair** from 1pm to 4pm at the YVEDDI Office in Booneville.

This fair will offer flu shots (please bring your insurance card), free hearing screenings and blood pressure checks, information on Medicare and Part D, Veterans Affairs, Senior Services - SNAP, Weatherization Program, Meals on Wheels, Legal Services, and Transportation Services. Hope you can join us!

**October 23rd Halloween Party** from 5pm to 7pm! Bring your favorite freakishly yummy snack to share and be ready for some FUN! Costumes if you dare.

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

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

If you would like to receive our newsletter via email please contact me at [sjohnson@yveddi.com](mailto:sjohnson@yveddi.com).



### How You Can Give...



The YVEDDI Senior Centers of Yadkin County are proud United Fund Agencies!  
We encourage you to SUPPORT THE Yadkin County United Fund

**By Mail: Yadkin County United Fund**  
205 S. Jackson Street • Yadkinville, NC 27055  
Or visit [www.yadkincountyunitedfund.org](http://www.yadkincountyunitedfund.org)



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.

# OCTOBER 2017

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>10:00 Line Dancing \$</p> <p>11:00 Show and Tell</p> <p>11:00 Quilting</p> <p>6:00 Clogging \$</p>	<p>3</p> <p><b>8:30 Dixie Classic Fair</b></p> <p>9:00 Hearing Screenings</p> <p>10:30 Linda's Exercise</p> <p>10:30 Nutrition BINGO</p> <p>5:00 Weight Watchers</p> <p>6:30 Beginner Shag 1 \$</p> <p>7:45 Shag 2 \$</p>	<p>4</p> <p>10:30 Bingo</p> <p>12:30 Prayer Shawls</p>	<p>5</p> <p>9:00 Sewing \$</p> <p>9:30 Scrapbooking \$</p> <p>11:00 Puzzle Day</p>	<p>6</p> <p>9:30 -11:30 Pickleball</p> <p>10:00 Coffee Chat</p> <p>11:00 Game Day Friday</p>
<p>9</p> <p>10:00 Line Dancing \$</p> <p>10:30 Cigna Health Spring Insurance</p> <p>11:00 Show and Tell</p> <p>11:00 Quilting</p> <p>6:00 Clogging \$</p>	<p>10</p> <p>10:30 Linda's Exercise</p> <p>10:30 Hospice Presentation</p> <p>5:00 Weight Watchers</p> <p>6:30 Beginner Shag 1 \$</p> <p>7:45 Shag 2 \$</p>	<p>11</p> <p><b>9:30 Flu Shots D-Rex</b></p> <p>10:30 Bingo</p> <p>12:30 Prayer Shawls</p>	<p>12</p> <p>9:00 Sewing \$</p> <p>11:00 Puzzle Day</p> <p>7:30 YV Trail Riders</p>	<p>13</p> <p>9:30 -11:30 Pickleball</p> <p>10:00 Coffee Chat</p> <p>11:00 Game Day Friday</p> <p><b>1:00 Health Fair YVEDDI Booneville Office</b></p>
<p>16</p> <p>10:00 Line Dancing \$</p> <p>11:00 Show and Tell</p> <p>11:00 Quilting</p> <p>6:00 Clogging \$</p>	<p>17</p> <p>10:00 Vaya Health</p> <p>10:30 Linda's Exercise</p> <p>5:00 Weight Watchers</p> <p>6:30 Beginner Shag 1 \$</p> <p>7:45 Shag 2 \$</p>	<p>18</p> <p>10:30 Bingo</p> <p>12:30 Prayer Shawls</p>	<p>19</p> <p>9:00 Sewing \$</p> <p>10:00 Signa Bingo</p> <p>11:00 Puzzle Day</p>	<p>20</p> <p>9:30 -11:30 Pickleball</p> <p>10:00 Coffee Chat</p> <p>11:00 Game Day Friday</p>
<p>23</p> <p>10:00 Line Dancing \$</p> <p>11:00 Quilting</p> <p>11:00 Show and Tell</p> <p><b>5-7 Halloween Party</b></p> <p>6:00 Clogging \$</p> 	<p>24</p> <p>10:30 Linda's Exercise</p> <p>10:30 Nutritional BINGO</p> <p>11:00 Deputy Diaz</p> <p>5:00 Weight Watchers</p> <p>6:30 Beginner Shag 1 \$</p> <p>7:45 Shag 2 \$</p>	<p>25</p> <p>10:30 Bingo</p> <p>12:30 Prayer Shawl</p>	<p>26</p> <p>9:00 Sewing \$</p> <p>10:00 Birthday Band!</p>	<p>27</p> <p>9:30 -11:30 Pickleball</p> <p>10:00 Coffee Chat</p> <p>11:00 Game Day Friday</p>
<p>30</p> <p>10:00 Line Dancing \$</p> <p>11:00 Quilting</p> <p>11:00 Show and Tell</p> <p>6:00 Clogging \$</p>	<p>31</p> <p>10:30 Linda's Exercise</p> <p>10:30 Nutrition BINGO</p> <p>10:00 Vaya Health</p> <p>5:00 Weight Watchers</p> <p>6:30 Beginner Shag 1 \$</p> <p>7:45 Shag 2 \$</p>	<p>Lunch is served daily at 11:30 for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more information.</p>		

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