



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2017

## Important Announcements:



Starting **Sept. 1st** we will be having **Pickleball Classes** again. Frank Gall will be here every Friday from 9:30am to 11:30am to school us in the game of Pickleball.

Pickleball is a game that is a mix between tennis and ping pong and is suitable for the entire family. We are looking forward to having this fun and exciting activity!

### We Have A Trip Planned!

**Sept. 12th** We will be going to the Farmer's Market in Greensboro! We will be stopping at Bojangle's for breakfast, then off to Hamricks, Hobby Lobby and Field and Stream. Our next stop will be at K and W for lunch, and then to the Farmer's Market for some fresh produce. We may work in an ice cream stop at McDonalds on the way back if we are not exhausted! Transportation provided. Food and shopping on your own.

**Sept. 20th Prayer Shawl Dedication** at 1:00pm. Light refreshments will be served. Everyone is welcome.

**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!

Please see the back of this newsletter for our ongoing monthly activities.

We will be conducting a center-wide survey in September, please see manager to participate and you be entered in a drawing for a prize!

Lastly, we are in search of a musician to lead in sing-a-long one Thursday each month. Please call me if you are interested. Sandra Johnson (336) 526-1087.

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

### 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



## 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.

# SEPTEMBER 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.				1 9:30 -11:30 Pickleball 10:00 Coffee Chat 11:00 Game Day Friday
4 CLOSED	5 9:00 Hearing Screenings 10:30 Linda's Exercise 10:30 Nutrition Bingo 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Shag 2	6 10:30 Bingo 12:30 Prayer Shawls	7 9:00 Sewing 11:00 Puzzle Day 7:30 YV Trail Riders	8 9:30 -11:30 Pickleball 10 :00 Coffee Chat 11:00 Game Day Friday
11 10:00 Line Dancing 11:00 Show and Tell 11:00 Quilting 6:00 Clogging	12 8:30 Farmers Market Day 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Shag 2	13 10:30 Bingo 12:30 Prayer Shawls	14 9:00 Sewing 11:00 Puzzle Day	15 9:30 -11:30 Pickleball 10:00 Coffee Chat 11:00 Game Day Friday
18 10:00 Line Dancing 11:00 Quilting 11:00 Show and Tell 6:00 Clogging	19 10:30 Linda's Exercise 10:00 Vaya Health 10:30 Nutritional Bingo 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Shag 2	20 10:30 Bingo 12:30 Prayer Shawl 1:00 Prayer Shawl Dedication	21 9:00 Sewing 10:00 Cigna Bingo	22 9:30 -11:30 Pickleball 10:00 Coffee Chat 11:00 Game Day Friday
25 10:00 Line Dancing 11:00 Quilting 11:00 Show and Tell 6:00 Clogging	26 10:30 Linda's Exercise 10:30 Nutrition Bingo 11:30 Deputy Diaz 5:00 Weight Watchers 6:30 Beginner Shag 1 7:45 Shag 2	27 10:30 Bingo 12:30 Prayer Shawl	28 9:00 Sewing 11:00 Georges Henning's Band 11:00 Birthday Celebration	29 9:30 -11:30 Pickleball 10 Coffee Chat 11 Game Day Friday

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