



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2018

## Important Announcements:

I'd like to extend a special THANK YOU to the local businesses who donated door prizes to the Yadkin Valley Senior Center for the Holly Jolly Christmas event: Jonesville Food Lion, Real Del Monte Mexican Restaurant, Walmart of Elkin and Salon Fusion. We appreciate your support!

In addition we would like to thank the very generous anonymous donor who provided food for our Christmas Party. THANK YOU SO MUCH!

We have a couple of new and exciting additions to our events at Yadkin Valley Senior Center. On January 9th at 9:30 a.m. we will be starting a Journaling Class called "My Journey" to help our seniors create life books that tell about their personal life history. We are so excited to hear their stories! Then starting on January 22nd at 10:00am we will begin a flexibility and stability class called "Flex"ercise" to help with balance.

**Happy New Year to all!**

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

### Holiday/Closing Schedule

January 1, 2018: New Years Day

January 15, 2018: Martin Luther King Jr. Day



### INCLEMENT WEATHER POLICY

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



### 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

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



# JANUARY 2018

Mon	Tue	Wed	Thu	Fri
1 CLOSED	2 10:30 - Hospice 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	3 10:00 LGFCU 10:30 Bingo 12:30 Prayer Shawls	4 9:00 Sewing \$ 9:30 Scrapbooking \$ 11:00 Community Ins. 7:30 YV Trail Riders	5 9:30 -11:30 Pickleball 10:00 Coffee Chat /Current Events
8 10:00 Line Dancing \$ 11:00 Show and Tell 11:00 Quilting 6:00 Clogging \$	9 9:30 My Journey (Journaling) 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	10 10:30 Bingo 12:30 Prayer Shawls	11 9:00 Sewing \$ 11:00 Game Day	12 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events
15 CLOSED	16 10:00 Vaya Health 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	17 10:00 Carter Bank 10:30 Bingo 12:30 Prayer Shawls	18 9:00 Sewing \$ 11:00 Game Day	19 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events
22 10:00 Flex-ercise Class 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$	23 9:30 My Journey (Journaling) 10:30 Linda's Exercise 10:30 Nutritional BINGO 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	24 10:30 Bingo 12:30 Prayer Shawls	25 9:00 Sewing \$ 11:00 Game Day	26 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events
29 10:00 Flex-ercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$	30 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	31 10:30 Bingo 12:30 Prayer Shawls	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."