



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 2018

## Important Announcements:

Join us in celebrating Black History Month on **February 11, 2018** from 3pm to 4pm. The Jonesville Historic Society will be hosting a celebration in honor of Black History Month with honored speakers, special music and refreshments.

Free Tax Preparation for low income households. By appointment only.

Yadkin County Library (336) 679-8792  
(January 24th - April 4th)  
Elkin Public Library (336) 835-5586  
(January 24th - April 5th)

Our monthly **Food and Fellowship Meal** is scheduled for **February 26th** at 4pm. Please contact Sandra or Dee at (336) 526-1087 to notify us of what you will be bringing if you plan to attend. We will be keeping track of covered dishes, breads and drinks so we will have a good variety of food!

Please contact Sandra or Dee to purchase 60/40 raffle tickets or raffle tickets for the \$500 gift certificate from Foothills Meat Center.

Hope all of you have a very  
Happy Valentine's Day!

### INCLEMENT WEATHER POLICY

The Senior Center follows the same inclement weather closings as the Yadkin County School System. You may tune in to WXII-12 News for the latest closing updates.

**Annual Valentine Dance**  
TUESDAY | FEB 13  
5:00 PM  
**Only \$10 per person**  
Dinner 5:00 PM • Dance 6:00 PM  
Entertainment: Stan Bobbitt Band  
Dinner includes Lasagna, Salad, and Dessert  
**DOOR PRIZES**  
Tickets are limited.  
Call your Senior Center today to reserve your seat!!!  
East Bend Senior Center  
(336) 699-5100  
Yadkin County Senior Center  
(336) 679-3596  
Yadkin Valley Senior Center  
(336) 526-1087  
**Venue:** East Bend Senior Center  
473 E. Main Street  
East Bend, NC 27018

Our Newsletter can be found at [www.yveddi.com](http://www.yveddi.com). 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](mailto:sjohnson@yveddi.com). 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

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



# FEBRUARY 2018

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 9:00 Sewing \$ 9:30 Scrapbooking \$ 7:30 YV Trail Riders	2 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events
5 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Show and Tell 11:00 Quilting 6:00 Clogging \$	6 9:30 My Journey 10:30 Linda's Exercise 11:00 Hospice 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	7 10:30 Bingo 12:30 Prayer Shawls	8 9:00 Sewing \$ 9:30 Scrapbooking \$ 10:00 Cigna Bingo 6:00 Dancing with Jene! (Learn a variety of Dances)	9 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events
12 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Show and Tell 11:00 Quilting 6:00 Clogging \$	13 9:30 My Journey 10:00 Vaya Health - Bingo 10:30 Linda's Exercise <b>5:00 Valentine Dance East Bend</b> 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	14 10:30 Bingo 12:30 Prayer Shawls	15 9:00 Sewing \$ 10:00 -1:30 Bone Density Scans with Kevin Colsten 6:00 Dancing with Jene! (Learn a variety of Dances)	16 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events
19 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 11:00 Show and Tell 6:00 Clogging \$	20 9:30 My Journey 10:30 Linda's Exercise 10:30 Nutritional BINGO 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	21 10:30 Bingo 12:30 Prayer Shawls	22 9:00 Sewing \$ 10:00 Birthday Celebration - Bluegrass Band 6:00 Dancing with Jene! (Learn a variety of Dances)	23 9:30 -11:30 Pickleball 10:00 Coffee Chat/Current Events
26 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting <b>4:00 Food &amp; Fellowship Dinner</b> 6:00 Clogging \$	27 9:30 My Journey 10:30 Linda's Exercise 5:00 Weight Watchers 6:30 Beginner Shag 1 \$ 7:45 Shag 2 \$	28 10:30 Bingo 12:30 Prayer Shawls		



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