



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2019

## Important Announcements:

We hope you will have a wonderful holiday with your family and friends. We will be closing on December 21st and will be back on January 2nd. The staff at YVSC would like to wish all of you a very Merry Christmas and a Happy New Year!

### January Closings:

January 1 - New Years Day

January 21 - Martin Luther King Jr. Day

### January 14th - 4:00 p.m. Fellowship Meal here at YVSC

You MUST sign up for this dinner. This is a time of fellowship and celebration for all the good things in life. Each guest is asked to bring a favorite side dish can be dessert, casserole, vegetables etc. to share with the others. *The Senior Center will supply paper products and drinks.*

### January 22nd 5:00 p.m. Senior Mingle at East Bend

473 E Main St, East Bend, NC 27018. **Free!**

You MUST sign up for this event with your senior center manager.

**Inclement Weather Policy:** The Yadkin Valley Senior Center follows the same inclement weather closings as the Yadkin County School System.

THANK YOU to all of our sponsors for The Holly Jolly Christmas Party. You are the reason that our party was a success. Please forgive us if we have left anyone out. Thanks Again!

Woodman Life, Joe King

Vienna Village

Lion's Club

Civitan Club

67 Pizza

Food Lion of Yadkinville & Jonesville

Connie Hobson of Whisper & Wings

Sunset Gardens & Florist

Little Richard's BBQ Yadkinville

Ace's Restaurant

KFC Yadkinville

and to all of our anonymous donors that gave

**MERRY CHRISTMAS and HAPPY NEW YEAR!**



### Information for Services, Referrals & Assistance

#### Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- Legal Services
- General and Medical Transportation
- Home Repair/Modification
- Medicare Parts A, B and D
- Congregate Meals/Home Delivered Meals
- Disaster Preparedness
- Report Suspected Abuse, Neglect or Exploitation
- Senior Games
- Telephone Reassurance
- Job Training/Placement
- Durable Equipment/Assistive Devices

#### Services Offered Through Information, Referral and Assistance:

- Housing Assistance
- Reverse Mortgage Counseling
- Home Health Services/In-home Aide Services
- Medicaid Benefits
- Social Security Benefits
- Long-term Care Facilities
- Rehabilitation Services
- Respite
- Energy Assistance
- Food Distribution
- Adult Day Care
- Mental Health
- Hospice Care

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






# JANUARY 2019

Mon	Tue	Wed	Thu	Fri
	1  CLOSED HAPPY NEW YEAR!	2 10:00 Nutrition Bingo— Healthy Eating for the New Year 12:30 Prayer Shawl Group	3 9:00 Sewing \$ 9:00 Scrapbooking \$ 9:00 News Tribune 10:00 Brain Games - Resolu- tions Old and New 10:00 Bible Study Yadkin Valley Dancers 5:00 beginner beginner 6:00 beyond beginner	4 9:00 Coffee/Games 9:30 Craft 9:30 -11:30 Pickleball 10:30 Safe food practices during power outages
	7 9:00 Coffee Chat 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 6:00 Clogging \$	8 10:00 Bingo - Preparing for Snow/Ice 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$	9 10:00 Bingo 12:30 Prayer Shawl Group	10 9:00 Sewing \$ 9:00 News /Tribune 10:00 Brain Games - Crossword, Word Search 10:00 Bible Study Yadkin Valley Dancers 5:00 beginner beginner 6:00 beyond beginner 7:00 Improver
14 9:00 Coffee Chat 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 4:00 Fellowship Dinner 6:00 Clogging \$	15 10:00 Healthy Bingo/Brain Games 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$	16 10:00 Nutrition Bingo 12:30 Prayer Shawl Group	17 9:00 Sewing \$ 9:00 Domestic Violence 10:00 Officer Diaz 10:00 Bible Study Yadkin Valley Dancers 5:00 beginner beginner 6:00 beyond beginner 7:00 Improver	18 9:00 Coffee/Games 9:30 Craft 9:30 -11:30 Pickleball
21  CLOSED	22 10:00 Cigna Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$ 5:00 Senior Mingle East Bend	23 10:00 Nutrition Bingo 12:30 Prayer Shawl Group	24 9:00 Sewing \$ 9:00 News Tribune 10:00 Bible Study 10:15 Vaya Health Yadkin Valley Dancers 5:00 beginner beginner 6:00 beyond beginner 7:00 Improver	25 9:00 Coffee/Games 9:30 Craft 9:30 -11:30 Pickleball
28 9:00 Coffee Chat 10:00 Flexercise 10:30 BP Checks 10:00 Line Dancing \$ 11:00 Quilting 4:00 Fellowship Dinner 6:00 Clogging \$	29 10:00 Bingo 10:30 Linda's Exercise 11:30 Vaya Health 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$	30 10:00 Bingo-Safety Around the House 12:30 Prayer Shawl Group	31 9:00 Sewing \$ 9:00 Food for thought– nutri- tious food options. 10:00 Bible Study Yadkin Valley Dancers 5:00 beginner beginner 6:00 beyond beginner	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 and maintain independent wellness for the senior community through advocacy, nutrition, volunteerism and vigorous programming to promote healthy minds, bodies and spirits.