

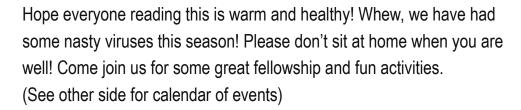


A North Carolina Certified Senior Center of Excellence

February 2020

Important Announcements:

Happy Valentine's Day!



3rd Monday of each month at 4pm (Feb. 17th): Fellowship Meal & BINGO

This meal is free but we ask that you bring a side dish, bread, soda or dessert to share. We will be playing Bingo, so bring plenty of quarters! REGISTRATION REQUIRED by: Feb. 12

If you don't sign up, you will not have a meal.

February 18th at 5 PM Annual Valentines Dance \$10 per ticket Menu: Chicken pie, green beans & corn, slaw and cobbler with ice

cream

Entertainment by The Stan Bobbitt Band

Location: East Bend Senior Center 473 E. Main Street • East Bend, NC Pre-registration is required.

Inclement Weather

Typically, the Yadkin Valley Senior Center follows the inclement weather policy of the Yadkin County School System.

Note: Sometimes we will be closed even if the schools are on a delayed schedule due to the safety of our seniors and volunteer drivers.

There will be two separate announcements:

Meals on Wheels
 Senior Services/Senior Center.
 Please stay tuned to WXII-12 or Fox 8 News for the latest updates.



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







February 2020

Mon	Tue	Wed	Thu	Fri
YVEDDI VADRIN VALLEY ECONOMIC DEVELOPMENT DISTRECT, INC.	Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.			
3 9:00 Coffee/Fellowship 10:00 Flexercise/ Cancelled today 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$	4 8:30 Best Value Hearing-(By appointment only) 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 12:00 Rook 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$	5 9:00 Coffee/Fellowship 10:00 Cigna / Bingo 12:00 Rook 12:30 Prayer Shawl Group	6 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook Yadkin Valley Dancers 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver	7 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook
9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$	11 9:00 Coffee/Fellowship 9:30 Captel Inc. 10:00 Bingo 10:30 Linda's Exercise 12:00 Rook 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$	9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group	13 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook Yadkin Valley Dancers 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver	14 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook
9:00 Coffee/Fellowship 10:00 Flexercise 10:30 Blood Pressure Checks 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$ 4 Fellowship Meal & BINGO	18 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 12:00 Rook 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$ 5:00 Valentine's Dinner & Dance At East Bend Senior Center	19 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group	20 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook 10:00 Officer Diaz Yadkin Valley Dancers 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver	21 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook
9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$	25 9:00 Coffee/Fellowship 10:00 Bingo 10:30 Linda's Exercise 12:00 Rook 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$	26 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group	27 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook 10:15 Vaya Health Yadkin Valley Dancers 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver	28 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook

Daily Drop-In activities: Rook, Pool, Crossword Puzzles, Board Games and Reading - Large Print Books Available!

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.