



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 2020

Important Announcements:

Happy Valentine's Day!

Hope everyone reading this is warm and healthy! Whew, we have had some nasty viruses this season! Please don't sit at home when you are well! Come join us for some great fellowship and fun activities.
(See other side for calendar of events)

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
	<p>Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.</p>			
<p>3 9:00 Coffee/Fellowship 10:00 Flexercise/ Cancelled today 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$</p>	<p>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 \$</p>	<p>5 9:00 Coffee/Fellowship 10:00 Cigna / Bingo 12:00 Rook 12:30 Prayer Shawl Group</p>	<p>6 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>7 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook</p>
<p>10 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$</p>	<p>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 \$</p>	<p>12 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group</p>	<p>13 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>14 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook</p> 
<p>17 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</p>	<p>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</p> 	<p>19 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group</p>	<p>20 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook 10:00 Officer Diaz <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>21 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook</p>
<p>24 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$</p>	<p>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 \$</p>	<p>26 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group</p>	<p>27 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook 10:15 Vaya Health <u>Yadkin Valley Dancers</u> 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver</p>	<p>28 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook</p>

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.