



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 2020

Important Announcements:

March 3rd: Closed due to voting

March 16th: Fellowship Meal & BINGO at 4 p.m. (3rd Monday of each month at 4pm)

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: March 11, 2020 If you don't sign up, you will not have a meal.

March 25th 8:30 - 9:30 a.m.: Veteran's Support Group/Breakfast

(Will be held on the last Wednesday of each month)

The Yadkin Valley Senior Center is partnering with Pruitt Hospice to provide breakfast and a private place for Veteran's to meet, fellowship and discuss issues of concern for themselves or others. Please call to let us know if you plan to attend.

Raffle Tickets on Sale Now!

Lap Quilt: \$1 each or 6 for \$5

Hand-made Crocheted Throw: \$1 each or 6 for \$5

Drawing on June 23, 2020

Save The Date!

April 27 at 5:00 pm: Senior Prom Sock Hop Dance (a Senior Mingle event)

Location: Yadkin Valley Senior Center ▪ 121 Delos Martin Drive ▪ Jonesville, NC 28642

\$5.00 Admission

Dinner: Hot Dogs, Chips and an Ice Cream & Float Bar

Entertainment: Stan Bobbitt Band ▪ 50's Theme Attire Encouraged!

Call to RSVP by April 24th, 2020

Small Business Saturdays!

Mark your calendars for the first Saturday in June and the first Saturday in December!

June 6th 2020 and December 5th 2020 (Time: 10:00am-4:00 pm)

To Local Small Business Owners:

If you would like to participate, there will be a \$10 charge per table for local small business owners to set up and make new connections in the Jonesville area. We will be taking applications until May 26th. Call for more information!

Proceeds from table rentals will benefit the Senior Center. Donations are always appreciated!

A Big Thank You to Officer Diaz for educating us on "Census Safety" on Feb 20th! She did a great job and the information was beneficial.

Census personnel will visit your home starting April 1st 2020, if you did not completed the census forms that were mailed to you.

If you have questions call: Customer Service 1-800-928-8282. Do not let anyone in your house who doesn't have a badge with an ID Number, Picture and Census Emblem.

Call this number to verify a Census worker if you have doubts: 1-800-852-6159



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



MARCH 2020

Mon	Tue	Wed	Thu	Fri
2 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$	3 Closed due to voting	4 9:00 Coffee/Fellowship 9:30 Insight /Med Lock 10:00 Cigna Insurance 12:00 Rook 12:30 Prayer Shawl Group	5 9:00 Coffee/Fellowship 9:00 Sewing \$ 9:30 Rook Yadkin Valley Dancers 5:00 Beginner 6:00 Beyond Beginner 7:00 Improver	6 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook
9 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$	10 9:00 Coffee/Fellowship 9:45 Brain Games 10:00 Bingo 10:30 Linda's Exercise 12:00 Rook 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$	11 9:00 Coffee/Fellowship 9:45 Pest Control Tips 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group	12 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	13 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook
16 9:00 Coffee/Fellowship 10:00 Flexercise 10:30 Blood Pressure 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$ 4 Fellowship Meal & BINGO	17 8:30 Trip to Hamrick's 9:00 Coffee/Fellowship 9:45 History of St. Patrick's Day 10:00 Bingo 10:30 Linda's Exercise 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 	18 9:00 Coffee/Fellowship 9:45 Pest Control Tips 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group	19 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	20 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook
23 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$	24 9:00 Coffee/Fellowship 9:45 New Moon Garden Tips 10:00 Bingo 10:30 Linda's Exercise 12:00 Rook 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$	25 8:30 Veteran's Support Group/Breakfast 9:00 Coffee/Fellowship 10:00 Bingo 12:00 Rook 12:30 Prayer Shawl Group	26 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	27 9:00 Coffee/Fellowship 10:00 Bingo 9:30 -11:30 Pickleball 12:00 Rook
30 9:00 Coffee/Fellowship 10:00 Flexercise 10:00 Line Dancing \$ 11:00 Quilting 12:00 Rook 6:00 Clogging \$	31 9:00 Coffee/Fellowship 9:45 Brain Games Puzzle 10:00 Bingo 10:30 Linda's Exercise 12:00 Rook 5:00 Weight Watchers 7:00 Beginner Shag 1 \$ 7:45 Shag 2 \$	Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.		

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.