



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2021

Important Announcements:

Facebook Live Virtual:

Monday's at 10:00 AM: Flexercise Class (in-person or virtual)
 Monday's at 10:30 AM: Tai Chi for Beginners (in-person or virtual)
 Wednesday's at 9:30 AM: Exercise with Natalie Williams (virtual)
 First Wednesday of each month at 10:30 AM: Safety & Scam Prevention Programs with Deputy Diaz from the Yadkin County Sheriff's Department. (virtual)

In-person Activities:

Apple Classes: Every Wednesday at 10:00 AM
 Android Classes : Every Wednesday at 2:00 PM

We will continue to provide Meals on Wheels and frozen meals for registered congregante members.

Please call Sandra at (336) 526-1087 for more information or to register for in-person classes.

All safety guidelines must be followed for in-person activities.

See other side for full calendar of events.

Mark your Calendar!

Senior Mingle Dinner & Music (outside event)

October 21st from 5PM until 7PM

Hosted by the Yadkin Valley, Yadkin County and East Bend Senior Centers.

Menu: chicken pie, green beans, potatoes, roll and a dessert.

This event will be free but you must register with your senior center manager. If it rains it will be a drive-thru, pick-up dinner event, so either way Winner Winner Chicken Dinner!

Donations will be accepted and appreciated

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



SEPTEMBER 2021

Mon

Tue

Wed

Thu

Fri

		<p>1 9:30 Virtual Exercise Class 10:00 Apple Class 10:30 Virtual Safety Tips with Officer Diaz (Yadkinville) 12:00PM Prayer Shawl Group -On Hold due to Covid 2:00 Android Class 4:00, 5:00 and 6:00 Dance with Jean 1,2, &3</p>	<p>2 9:00 Scrapbooking (1st Thursday each month) 10:00-1:00 Sewing Class \$- On Hold due to Covid 10:30 - Healthy Bingo 3:00-4:30 Line Dance with Shirley YVTR 7:30 (1st Thursday)</p>	<p>3</p>
<p>6 CLOSED</p>	<p>7 10:30 Exercise w/Linda –On Hold due to Covid 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>8 9:30 Virtual Exercise Class with Natalie (Yadkinville) 10:00 Apple Class 12:00PM Prayer Shawl Group -On Hold due to Covid 2:00 Android Class 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p>	<p>9 10:00-1:00 Sewing Class \$- On Hold due to Covid 10:30 - Healthy Bingo 3:00-4:30 Line Dance with Shirley</p>	<p>10</p>
<p>13 10:00 Flexercise Class (Also Virtual) 10:30 Tai Chi Class (Also Virtual) 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>14 10:30 Exercise w/Linda –On Hold due to Covid 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>15 9:30 Virtual Exercise Class with Natalie 10:00 Apple Class 12:00PM Prayer Shawl Group -On Hold due to Covid 2:00 Android Class 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2</p>	<p>16 10:00-1:00 Sewing Class \$- On Hold due to Covid 10:30 - Healthy Bingo- Safety Tips 3:00-4:30 Line Dance with Shirley</p>	<p>17</p>
<p>20 10:00 Flexercise Class (Also Virtual) 10:30 Tai Chi Class (Also Virtual) 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>21 10:30 Exercise w/Linda –On Hold due to Covid 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>22 9:30 Virtual Exercise Class with Natalie 10:00 Apple Class 12:00PM Prayer Shawl Group -On Hold due to Covid 2:00 Android Class 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2</p>	<p>23 10:00-1:00 Sewing Class \$- On Hold due to Covid 10:00 Bingo (30 minutes) 10:30 - 11:30 Vaya Health 11:30 Bingo 3:00-4:30 Line Dance with Shirley</p>	<p>24</p>
<p>27 10:00 Flexercise Class (Also Virtual) 10:30 Tai Chi Class (Also Virtual) 11:00 - 2:00 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>28 10:30 Exercise w/Linda –On Hold due to Covid 7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>29 9:30 Virtual Exercise Class with Natalie 10:00 Apple Class 12:00PM Prayer Shawl Group -On Hold due to Covid 2:00 Android Class 4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p>	<p>30 10:00-1:00 Sewing Class 10:30 - Healthy Bingo- 3:00-4:30 Line Dance with Shirley</p>	<p>All of our virtual programs can be found on Yadkin Valley Senior Center's Facebook Page</p>

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.