



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

May 2022

## Important Announcements:

### Onsite Activities! Call for more information

Mondays at 10:00 AM: Exercise with Natalie (available virtual also)

Mondays at 10:30 AM: Cardio Drumming (available virtual also)

Mondays at 11:00 AM: Quilting with the Cool Kats

Tuesdays 10:30 AM Exercise with Linda (Starting May 10th)

Wednesdays 10:00 AM - Rook

Wednesdays at 4:00 PM, 5:00 PM, 6:00 PM: Dancing with Jene

Thursdays at 10:00 AM on the 1st and 2nd Thursdays BINGO

Thursdays at 10:00 AM 3rd & 4th Thursdays -Health/Safety Programs

Thursdays Bingo: 11:00 AM on 3rd and 4th Thursdays



**Thursday, May 26th**  
**Older American's Month Celebration**  
**Pot Luck Lunch after Bingo**  
**See Butch for Sign Up Sheet**

**New Craft Class coming once our nutrition site opens back up!**

*Remembering the men and women who died while serving our country.  
Happy Memorial Day!*



## 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



# MAY 2022

Mon	Tue	Wed	Thu	Fri
<p>2 10:00 Flexercise Class also Virtual 10:30 Cardio Drumming also Virtual 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>3 10:30 Exercise w/Linda – On Hold  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian  Senior Games Opening Ceremony</p>	<p>4 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook  12:00PM Prayer Shawl Group -On Hold  4:00 Dance w/Jean 1 5:00 Dance w/Jean 2 6:00 Dance w/Jean 3</p>	<p>5 9:30 Scrapbooking w/Judy 10:00am Bingo</p>	<p>6 No activities</p>
<p>9 10:00 Flexercise Class also Virtual 10:30 Cardio Drumming also Virtual 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>10 10:30 Exercise w/Linda –  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>11 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook  12:00PM Prayer Shawl Group -On Hold  4:00 Dance w/Jean 1 5:00 Dance w/Jean 2</p>	<p>12 10:00am Bingo</p>	<p>13 No activities</p>
<p>16 10:00 Flexercise Class also Virtual 10:30 Cardio Drumming also Virtual 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>17 10:30 Exercise w/Linda –  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>18 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook  12:00PM Prayer Shawl Group -On Hold  4:00 Dance w/Jean 1 5:00 Dance w/Jean 2</p>	<p>19 10:00 Vaya Health 11:00 Bingo</p>	<p>20 No activities</p>
<p>23 10:00 Flexercise Class also Virtual 10:30 Cardio Drumming also Virtual 11:00 - 2:30 Quilting 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>24 10:30 Exercise w/Linda –  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	<p>25 10:00 Rook and Games 11:00 Virtual Exercise Class on Facebook  12:00PM Prayer Shawl Group -On Hold  4:00 Dance w/Jean 1 5:00 Dance w/Jean 2</p>	<p>26 11:00 Bingo 12:00 Older American's Month Celebration - Pot Luck Lunch after Bingo See Butch for Sign Up Sheet</p>	<p>27 No activities</p>
<p>30 CLOSED Memorial Day  </p>	<p>31 10:30 Exercise w/Linda –  7:00 Carolina Shag 1 w/Brian 8:00 Carolina Shag 2 w/Brian</p>	 <p><b>YVEDDI</b> YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.</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.