



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 2024

On-site Activities! Call for more information

Our center is open from 8:00am until 4:30 PM M-F unless otherwise posted.

MARCH 5TH CLOSED FOR VOTING

MARCH 29TH CLOSED FOR GOOD FRIDAY

March 10th: Day Light Savings Time Begins SPRING FORWARD

Mondays at 10:00 Exercise via You Tube programs

Mondays at 11:00 AM: Quilting Class

Tuesdays at 10:30 AM (Every Tuesday) Nutritional Bingo

Wednesdays (2nd) at 10:00 AM also by appointment : Hearing tests and information on obtaining hearing aids. Dwight Eisenhower 336-366-7327

Wednesdays at 1:00 PM: Prayer Shawl Ladies Meeting (beginners welcome!)

Wednesdays Dancing with Jene 4,5,& 6PM

Thursdays at 9:30 AM (1st Thursday Monthly) Safety Class with Yadkin EMS

Thursdays at 9:30 AM (2nd Thursday Monthly) : Medi Health - on Hold

Thursdays at 9:30 AM (3rd Thursday Monthly): Vaya Health

Thursdays at 9:30 AM (4th Thursday Monthly): Officer O'Leary's Safety Tips

Thursdays at 10:30 AM (Every Thursday): Safety BINGO

LAST Thursday of each month at 12:00 PM Birthday Party celebration.

Please bring snacks or finger foods to share with each other. Expect a fun afternoon of card playing, board games and hopefully charades and karaoke!

Fridays at 10:00 AM Friday Fun Day, Coffee, Puzzles, Games etc.

* New Activity

1st Thursday (monthly) at 12:00 PM: My Journey/My Life
Bring family pictures if you want to add them to your journal.

*New Activity

Widow/Widower's supper Tuesday March 26th at 5:00 PM. Covered dish dinner, meat and drinks will be provided by a generous donation from Gentry Funeral Home. Please bring a side dish to share with the group. (This will be held on the fourth Tuesday of each month.)

Thank you Gentry Funeral Home!

Information for Services, Referrals & Assistance

Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
(Call 336-526-1087 for assistance Jan –Apr)
- 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

We encourage you to SUPPORT the Yadkin Valley United Fund and the Yadkin County United Fund



MARCH 2024



Mon

Tue

Wed

Thu

Fri

<p>Lunch is served daily at 11:30 a.m. for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more Information.</p>	<p>Happy St. Patricks Day</p>	<p>All of our virtual programs can be found on Yadkin Valley Senior Center's Facebook Page</p>		<p>1 10:00 Friday Fun day! Coffee, puzzles, games and cards available. <i>Conversation is half price or free if it's boring.</i> 11:30 Congregate Lunch</p>
<p>4 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>5 CLOSED FOR VOTING No Activities</p>	<p>6 10:00 Hearing Tests with Dwight Eisenhower 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Dance w/Jean 4:00 pm Beginner 5:00 pm Beyond Beginner 6:00 pm Improver</p>	<p>7 9:30 Yadkin EMS 10:30 Safety Bingo 11:30 Congregate Lunch *12:00 My Journey (journaling class) Bring family pictures if you want to add them to your journal</p>	<p>8 10:00 Friday Fun day! Coffee, puzzles, games and cards available. <i>Conversation is half price or free if it's boring.</i> 11:30 Congregate Lunch</p>
<p>11 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>12 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>13 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Dance w/Jean 4:00 pm Beginner 5:00 pm Beyond Beginner 6:00 pm Improver</p>	<p>14 9:30 Medi Home Health 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>15 10:00 Friday Fun day! Coffee, puzzles, games and cards available. <i>Conversation is half price or free if it's boring.</i> 11:30 Congregate Lunch</p>
<p>18 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>19 Spring Begins! 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook</p>	<p>20 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Dance w/Jean 4:00 pm Beginner 5:00 pm Beyond Beginner 6:00 pm Improver</p>	<p>21 9:30 Vaya Health 11:30 Congregate Lunch 12:00 Rook</p>	<p>22 9:30 -11:30 Crafts 10:00 Friday Fun day! Coffee, puzzles, games and cards available. <i>Conversation is half price or free if it's boring.</i> 11:30 Congregate Lunch</p>
<p>25 11:00 - 2:30 Quilting 11:30 Congregate Lunch 6:00 Clogging 1 w/Janice 7:00 Clogging 2 w/Janice</p>	<p>26 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Rook *5:00 Gentry Widow/ Widower's Supper (see other side for info)</p>	<p>27 11:30 Congregate Lunch 1:00 Prayer Shawl Dedication with Mtn. Valley Hospice Dance w/Jean 4:00 pm Beginner 5:00 pm Beyond Beginner 6:00 pm Improver</p>	<p>28 10:30 Safety Bingo with YCSD Officer O'Leary 11:30 Congregate Lunch 12:00 Rook 12:00 Birthday Party for the March Kids! Easter Egg Hunt immediately after the party!</p>	<p>29 CLOSED HOLIDAY GOOD FRIDAY</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.