



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2025

**On-site Activities! Call 336-526-1087 for more information.**

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

*Holidays will effect this regular schedule as we will be closed on some days.*

**See other side.**

Mondays at 10:00 AM: Chair Exercise via YouTube programs

Mondays at 10:30 AM: Cardio Drumming via YouTube programs

Mondays at 11:00 AM: Quilting Class

Tuesdays at 9:00 AM: Slot reserved for speaker, see other side for scheduled dates

Tuesdays at 10:30 AM: Nutritional Bingo

Wednesdays 10:00 AM: Rook

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

Wednesdays at 4:30 PM, 5:30PM & 6:30 PM: Dance with Jene (beginners welcome)

Thursday at 9:00 AM: 1st Thursday Monthly Alps Mtn. Hearing Free Hearing Tests

Thursdays at 9:00 AM: Slot reserved for speaker, see other side for scheduled dates

Thursdays at 9:30 AM: 3rd Thursday Monthly Partner's Health Program

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

Thursdays at 10:30 AM: Safety Bingo

Friday :30 AM -11:30 AM: Crafting Together. Bring what you are working on to teach your skills to others! Crochet, Diamond Art, Jewelry/beads etc.

(Materials for crafts not provided unless donated)

**Jan. 18th at 5:00 PM: Better Together Support Group**

Menu: Chicken Tenders and Potato Wedges

Meat and drinks provided by a donation from Gentry Funeral Home. Please bring a side dish to share with our group. Please see sign up sheet in dining room or

**RSVP at 336-526-1087 to Sandra Sawyers Johnson**

**Jan. 27th at 5:00 PM: Friends and Family Birthday Supper and Bingo**

Pintos and Cornbread will be provided. See sign up sheet at center to see what else is needed. We will play quarter bingo after our meal.

**Happy New Year!**



## 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
- Hospice Care

We encourage you to SUPPORT the  
Yadkin Valley United Fund



# JANUARY 2025



Mon

Tue

Wed

Thu

Fri

|   |   |   |   |  |
|---|---|---|---|--|
|    |   | <p>1</p> <p>CLOSED</p> <p>Happy New Year!</p>   | <p>2</p> <p>8:30 Coffee Chat</p> <p>9:00 Scrapbooking w/Judy</p> <p>9:00 Alps Mtn Hearing</p> <p>9:30</p> <p>10:30 Safety Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p> | <p>3</p> <p>8:30 Coffee Chat</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p>  |
| <p>6</p> <p>8:30 Coffee Chat</p> <p>10:00 Chair Exercise</p> <p>10:30 Cardio Drumming</p> <p>11:00 Quilting</p> <p>11:30 Congregate Lunch</p>   | <p>7</p> <p>8:30 Coffee Chat</p> <p>9:30</p> <p>10:30 Nutritional Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p>   | <p>8</p> <p>8:30 Coffee Chat</p> <p>10:00 Rook</p> <p>11:30 Congregate Lunch</p> <p>1:00 Prayer Shawl Ministry</p> <p>4:30 Beginner</p> <p>5:30 Beyond Beginner</p> <p>6:30 Improver</p>  | <p>9</p> <p>8:30 Coffee Chat</p> <p>9:30</p> <p>10:30 Safety Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p>  | <p>10</p> <p>8:30 Coffee Chat</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p> |
| <p>13</p> <p>8:30 Coffee Chat</p> <p>10:00 Chair Exercise</p> <p>10:30 Cardio Drumming</p> <p>11:00 Quilting</p> <p>11:30 Congregate Lunch</p>  | <p>14</p> <p>8:30 Coffee Chat</p> <p>9:30</p> <p>10:30 Nutritional Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p>  | <p>15</p> <p>8:30 Coffee Chat</p> <p>10:00 Rook</p> <p>11:30 Congregate Lunch</p> <p>1:00 Prayer Shawl Ministry</p> <p>4:30 Beginner</p> <p>5:30 Beyond Beginner</p> <p>6:30 Improver</p> | <p>16</p> <p>8:30 Coffee Chat</p> <p>9:30 Partners BH</p> <p>10:30 Safety Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p>   | <p>17</p> <p>8:30 Coffee Chat</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p> |
| <p>20</p> <p>CLOSED</p> <p>Martin Luther King Jr</p>  | <p>21</p> <p>8:30 Coffee Chat</p> <p>9:30</p> <p>10:30 Nutritional Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p> <p>5:00 Better Together Support Group</p> <p>Call 336-526-1087</p> | <p>22</p> <p>8:30 Coffee Chat</p> <p>10:00 Rook</p> <p>11:30 Congregate Lunch</p> <p>1:00 Prayer Shawl Ministry</p> <p>4:30 Beginner</p> <p>5:30 Beyond Beginner</p> <p>6:30 Improver</p> | <p>23</p> <p>8:30 Coffee Chat</p> <p>9:30 Deputy O'Leary</p> <p>10:30 Safety Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p>  | <p>24</p> <p>8:30 Coffee Chat</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p> |
| <p>27</p> <p>8:30 Coffee Chat</p> <p>10:00 Chair Exercise</p> <p>10:30 Cardio Drumming</p> <p>11:00 Quilting</p> <p>11:30 Congregate Lunch</p> <p>5:00 Friends and Family Birthday Supper</p> | <p>28</p> <p>8:30 Coffee Chat</p> <p>10:30 Nutritional Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p>  | <p>29</p> <p>8:30 Coffee Chat</p> <p>10:00 Rook</p> <p>11:30 Congregate Lunch</p> <p>1:00 Prayer Shawl Ministry</p> <p>4:30 Beginner</p> <p>5:30 Beyond Beginner</p> <p>6:30 Improver</p> | <p>30</p> <p>8:30 Coffee Chat</p> <p>9:30</p> <p>10:30 Safety Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p>   | <p>31</p> <p>8:30 Coffee Chat</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p> |

**Mission Statement:** To improve and maintain independent wellness for the senior community through advocacy, nutrition,

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