



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

May 2025

**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.*

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

Mondays at 10:00 AM: Exercise with Amy Live and Virtual

Mondays at 10:30 AM: Cardio Drumming Live and Virtual

Mondays at 11:00 AM: Quilting Class

Tuesdays at 9:30 AM: Slot reserved for programs 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, 5:30 PM & 6:30 PM: Dance with Jene (beginners welcome)

Thursday at 9:30 AM: 1st Thursday Monthly Alps Mtn. Hearing Free Hearing Tests

Thursday at 9:30 AM 1st Thursday Scrapbooking with Judy

Thursday at 9:30 AM: 1st Thursday Monthly "Healthy Mindsets"

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 10:00 AM : Crafting Together

**May 19 at 5:00 PM: Friends and Family Birthday Supper and Bingo**

See sign up sheet at center to see what is needed. We will play quarter bingo after our meal.

**May 20 at 5:00 PM: Better Together Support Group**

Meat and drinks provided by a donation from Gentry Funeral Home. See sign up sheet at center to see what is needed.

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

**New Program!**

**May 27 at 9:30 AM: "Getting to know YOU"**

Please see Sandra to sign up for a spot to share your favorite memories, pictures and stories. This will be a monthly program held on the last Tuesday of each month at 9:30 AM.



*Remembering the men and women who died while serving our country.*

## 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



# MAY 2025

Mon

Tue

Wed

Thu

Fri

			<p>1 8:30 Walking and Talking 9:30 Alps Mtn. Hearing 9:30 Healthy Mindsets 9:30 Scrapbooking w/Judy 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook <b>Senior Games</b> <b>Opening Day! SCC 9:00 AM</b></p>	<p>2 8:30 Walking and Talking 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>5 8:30 Walking and Talking 10:00 Exercise with Amy Live and Virtual 10:30 Cardio Drumming Live and Virtual 11:00 Quilting 11:30 Congregate Lunch</p>	<p>6 8:30 Walking and Talking 9:30 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>7 8:30 Walking and Talking 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry  Line Dance with Jene 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</p>	<p>8 8:30 Walking and Talking 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>9 8:30 Walking and Talking 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>12 8:30 Walking and Talking 10:00 Exercise with Amy Live and Virtual 10:30 Cardio Drumming Live and Virtual 11:00 Quilting 11:30 Congregate Lunch</p>	<p>13 8:30 Walking and Talking 9:30 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>14 8:30 Walking and Talking 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry  Line Dance with Jene 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</p>	<p>15 8:30 Walking and Talking 9:30 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>16 8:30 Walking and Talking 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>19 8:30 Walking and Talking 10:00 Exercise with Amy Live and Virtual 10:30 Cardio Drumming Live and Virtual 11:00 Quilting 11:30 Congregate Lunch <b>5:00pm Friends and Family Fellowship Meal (MUST SIGN UP)</b></p>	<p>20 8:30 Walking and Talking 9:30 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook <b>5:00 Better Together Support Group (MUST SIGN UP)</b></p>	<p>21 8:30 Walking and Talking 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Line Dance with Jene 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</p>	<p>22 8:30 Walking and Talking 8:30 Partners BH 9:30 Deputy O'Leary 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>23 8:30 Walking and Talking 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>26 Memorial Day  CLOSED  <i>Remembering the men and women who died while serving our country.</i></p>	<p>27 8:30 Walking and Talking <b>9:30 Getting to know YOU (Tamsey Jenks, Presenter)</b> 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>28 8:30 Walking and Talking 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry  Line Dance with Jene 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</p>	<p>29 8:30 Walking and Talking 9:30 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>30 8:30 Walking and Talking 10:00 Crafting Together 11:30 Congregate Lunch</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.