



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

July 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 9:00 AM: Exercise with Gabi - (in the classroom)

Tuesdays at 10:30 AM: Nutritional Bingo

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 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

July 15 at 5:00 PM

"Better Together" Meal and Support Group for Widows and Widowers

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

July 28 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.

July 29 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.

New Program!!!!!!

Tuesdays at 9:00 AM: Exercise with Gabi - Join us as we strive to move more and feel better! Dancing and moving to music. Any level of fitness is appropriate for this class.

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)
- 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
- Legal Services
- 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




Mon

Tue

Wed

Thu

Fri

	<p>1 9:00 Exercise with Gabi 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>2 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry Line Dancing with Jene 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</p>	<p>3 9:30 Healthy Mindsets 9:30 Scrapbooking w/Judy 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>4 CLOSED </p>
<p>7 10:00 Exercise with Amy Live and Virtual 10:30 Cardio Drumming Live and Virtual 11:00 Quilting 11:30 Congregate Lunch</p>	<p>8 9:00 Exercise with Gabi 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>9 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>10 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>11 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>14 10:00 Exercise with Amy Live and Virtual 10:30 Cardio Drumming Live and Virtual 11:00 Quilting 11:30 Congregate Lunch</p>	<p>15 9:00 Exercise with Gabi 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 5:00 Better Together Support Group MUST SIGN UP</p>	<p>16 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>17 9:00 Partners BH 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>18 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>21 10:00 Exercise with Amy Live and Virtual 10:30 Cardio Drumming Live and Virtual 11:00 Quilting 11:30 Congregate Lunch</p>	<p>22 9:00 Exercise with Gabi 9:30 Getting to know -You 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>23 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>24 9:30 Deputy O'Leary 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>25 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>28 9:30 Exercise with Gabi 10:00 Exercise with Amy Live and Virtual 10:30 Cardio Drumming Live and Virtual 11:00 Quilting 11:30 Congregate Lunch 5:00 Friends + Family Meal MUST SIGN UP</p>	<p>29 9:00 Exercise with Gabi 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>30 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>31 9:00 Debbie Canupp - Hearing Impaired Program 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</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.