



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 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.

National Senior Center Month!
September 1: Labor Day (Closed)
September 22nd: First Day of Fall

Regular Weekly 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) (Live and Virtual)

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

September 9 at 5:00 PM

"Better Together" (Monthly meal and support group for those experiencing the loss of a loved one.)

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

September 22 at 5:00 PM

Fellowship Meal and Bingo

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

RSVP at 336-526-1087 to Sandra Sawyers Johnson

September 23 at 12:00-1:30 PM

Special Program!

Gardening Activity (inside) with N.C. Cooperative Extension

Free but must sign up! See sign in sheet at the center or call 336-526-1087

RSVP at 336-526-1087 to Sandra Sawyers Johnson

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 CLOSED</p> 	<p>2 9:00 Exercise with Gabi Live and Virtual 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>3 11:30 Congregate Lunch 12:30 Prayer Shawl Ministry 1:00 Prayer Shawl Dedication /Hospice Line Dance with Jene 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</p>	<p>4 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>5 9:30 Senior Center Rock Star FB Chat Check-In 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>8 10:00 Exercise with Amy Live and Virtual 10:30 Cardio Drumming Live and Virtual 11:00 Quilting 11:30 Congregate Lunch</p>	<p>9 9:00 Exercise with Gabi Live and Virtual 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>10 11:30 Congregate Lunch 12:30 Prayer Shawl Ministry 1:00 Prayer Shawl Line Dance with Jene 4:30 Beginner 5:30 Beyond Beginner 6:30 Improver</p>	<p>11 9:00 Senior Center Month Celebration Breakfast 9:30 911 Program 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>12 9:30 Senior Center Rock Star FB Chat Check-In 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>15 10:00 Exercise with Amy Live and Virtual 10:30 Cardio Drumming Live and Virtual 11:00 Quilting 11:30 Congregate Lunch</p>	<p>16 9:00 Exercise with Gabi Live and Virtual 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>17 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>18 9:00 Partners BH 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>19 9:30 Senior Center Rock Star FB Chat Check-In 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>22 10:00 Exercise with Amy Live and Virtual 10:30 Cardio Drumming Live and Virtual 11:00 Quilting 11:30 Congregate Lunch 5:00 Fellowship Meal MUST SIGN UP</p> 	<p>23 9:00 Exercise with Gabi Live and Virtual 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 12:00 Gardening Program w/NC Co-op Ext.</p>	<p>24 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>25 9:30 Deputy O'Leary 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>26 9:30 Senior Center Rock Star FB Chat Check-In 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>29 10:00 Exercise with Amy Live and Virtual 10:30 Cardio Drumming Live and Virtual 11:00 Quilting 11:30 Congregate Lunch</p>	<p>30 9:00 Exercise with Gabi Live and Virtual 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>			<p>September 7th: Grandparents Day <i>While we honor our grandparents daily, take an extra moment to appreciate all the joy and wisdom that grandparents bring to our lives</i></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.