



# YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 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.*

**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 10:30 AM Canasta for Beginners
- 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
- Thursdays at 12:00 PM Journaling Class
- Friday 10:00 AM: Crafting Together

**October 14 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**

**October 27 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**

**October 28, 2025 at 5:00 PM**  
**Witches Stew Costume Halloween Party**

\$8.00 per person - You must purchase your ticket in advance at one of the centers by October 24th. (East Bend, Yadkin Valley or Yadkin County)

Prizes for best costume for 1st, 2nd, 3rd place winners.

Quarter Bingo (bring your quarters)

Menu: Vegetable Beef, Soup/Crackers, Tea/Lemonade/Water, Dessert

Location: Yadkin County Senior Center

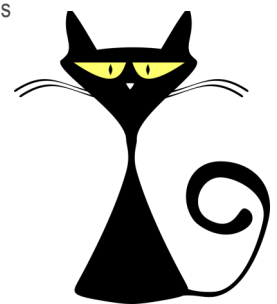
207 East Hemlock Street ▪ Yadkinville, NC 27055

**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

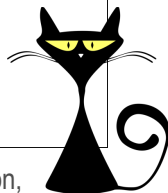
Tue

Wed

Thu

Fri

		<p>1</p> <p>10:30 Canasta for beginners</p> <p>11:30 Congregate Lunch</p> <p>1:00 Prayer Shawl Ministry</p> <p>Line Dance with Jene</p> <p>4:30 Beginner</p> <p>5:30 Beyond Beginner</p> <p>6:30 Improver</p>	<p>2</p> <p>9:30 Healthy Mindsets</p> <p>10:30 Safety Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p> <p>12:00 Journaling Class (My Journey Notebook)</p>	<p>3</p> <p>9:30 Senior Center Rock</p> <p>Star FB Chat Check-In</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p>
<p>6</p> <p>10:00 Exercise with Amy Live and Virtual</p> <p>10:30 Cardio Drumming Live and Virtual</p> <p>11:00 Quilting</p> <p>11:30 Congregate Lunch</p>	<p>7</p> <p>9:00 Exercise with Gabi Live and Virtual</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>10:30 Canasta for beginners</p> <p>11:30 Congregate Lunch</p> <p>1:00 Prayer Shawl Ministry</p> <p>Line Dance with Jene</p> <p>4:30 Beginner</p> <p>5:30 Beyond Beginner</p> <p>6:30 Improver</p>	<p>9</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>12:00 Journaling Class (My Journey Notebook)</p>	<p>10</p> <p>9:30 Senior Center Rock</p> <p>Star FB Chat Check-In</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p>
<p>13</p> <p>10:00 Exercise with Amy Live and Virtual</p> <p>10:30 Cardio Drumming Live and Virtual</p> <p>11:00 Quilting</p> <p>11:30 Congregate Lunch</p>	<p>14</p> <p>9:00 Exercise with Gabi Live and Virtual</p> <p>10:30 Nutritional Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 B Day Party (bring snacks to share)</p> <p>12:00 Phase 10 or Rook</p> <p>5:00 Better Together Support Group</p>	<p>15</p> <p>10:30 Canasta for beginners</p> <p>11:30 Congregate Lunch</p> <p>1:00 Prayer Shawl Ministry</p> <p>Line Dance with Jene</p> <p>4:30 Beginner</p> <p>5:30 Beyond Beginner</p> <p>6:30 Improver</p>	<p>16</p> <p>9:30 Blood Pressure Checks</p> <p>10:30 Safety Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p> <p>12:00 Journaling Class (My Journey Notebook)</p>	<p>17</p> <p>9:30 Senior Center Rock</p> <p>Star FB Chat Check-In</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p>
<p>20</p> <p>10:00 Exercise with Amy Live and Virtual</p> <p>10:30 Cardio Drumming Live and Virtual</p> <p>11:00 Quilting</p> <p>11:30 Congregate Lunch</p>	<p>21</p> <p>9:00 Exercise with Gabi Live and Virtual</p> <p>10:30 Nutritional Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p>	<p>22</p> <p>10:30 Canasta for beginners</p> <p>11:30 Congregate Lunch</p> <p>1:00 Prayer Shawl Ministry</p> <p>Line Dance with Jene</p> <p>4:30 Beginner</p> <p>5:30 Beyond Beginner</p> <p>6:30 Improver</p>	<p>23</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>12:00 Journaling Class (My Journey Notebook)</p>	<p>24</p> <p>9:30 Senior Center Rock</p> <p>Star FB Chat Check-In</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p>
<p>27</p> <p>10:00 Exercise with Amy Live and Virtual</p> <p>10:30 Cardio Drumming Live and Virtual</p> <p>11:00 Quilting</p> <p>11:30 Congregate Lunch</p> <p>5:00 Fellowship Meal MUST SIGN UP</p>	<p>28</p> <p>9:00 Exercise with Gabi Live and Virtual</p> <p>9:30 Getting to Know You Game</p> <p>10:30 Nutritional Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p> <p>5 PM - Halloween Party (YCSC) \$</p>	<p>29</p> <p>10:30 Canasta for beginners</p> <p>11:30 Congregate Lunch</p> <p>1:00 Prayer Shawl Ministry</p> <p>Line Dance with Jene</p> <p>4:30 Beginner</p> <p>5:30 Beyond Beginner</p> <p>6:30 Improver</p>	<p>30</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>12:00 Journaling Class (My Journey Notebook)</p>	<p>31 Halloween</p> <p>9:30 Senior Center Rock</p> <p>Star FB Chat Check-In</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, volunteerism and vigorous programming to promote healthy minds, bodies and spirits.