



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 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: Chair Exercise (Live and Virtual)

Mondays at 10:30 AM: Chair Volley Ball (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

**November 17 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**

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>3</p> <p>10:00 Chair Exercise Live and Virtual</p> <p>10:30 Chair Volleyball Live and Virtual</p> <p>11:00 Quilting</p> <p>11:30 Congregate Lunch</p>	<p>4</p> <p>CLOSED</p> <p>Election Day</p> <p>General Election</p>	<p>5</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>6</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</p>	<p>7</p> <p>9:30 Senior Center Rock Star FB Chat Check-In</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p>
<p>10</p> <p>10:00 Chair Exercise Live and Virtual</p> <p>10:30 Chair Volleyball Live and Virtual</p> <p>11:00 Quilting</p> <p>11:30 Congregate Lunch</p>	<p>11</p> <p>CLOSED</p>	<p>12</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>13</p> <p>9:30 Open</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</p>	<p>14</p> <p>9:30 Senior Center Rock Star FB Chat Check-In</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p>
<p>17</p> <p>10:00 Chair Exercise Live and Virtual</p> <p>10:30 Chair Volleyball Live and Virtual</p> <p>11:00 Quilting</p> <p>11:30 Congregate Lunch</p> <p>5:00 Fellowship Supper Must Sign Up \$5 per person</p>	<p>18</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>19</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>20</p> <p>9:30 Open</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</p> <p>12:00 Advisory Meeting</p>	<p>21</p> <p>9:30 Senior Center Rock Star FB Chat Check-In</p> <p>10:00 Crafting Together</p> <p>11:30 Congregate Lunch</p>
<p>24</p> <p>10:00 Chair Exercise Live and Virtual</p> <p>10:30 Chair Volleyball Live and Virtual</p> <p>11:00 Quilting</p> <p>11:30 Congregate Lunch</p>	<p>25</p> <p>9:00 Exercise with Gabi Live and Virtual</p> <p>9:30 YVEDDI GO Transit</p> <p>10:00 Thanksgiving Party (bring snacks to share)</p> <p>10:30 Nutritional Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:00 Phase 10 or Rook</p>	<p>26</p> <p>10:30 Canasta for beginners</p> <p>11:30 Congregate Lunch</p> <p>1:00 Prayer Shawl Ministry</p> <p>Winter break for dance. Classes start back January 8th.</p>	<p>27</p> <p>CLOSED</p>	<p>28</p> <p>CLOSED</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.