



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

December 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

We will not be having a "Better Together Meal" this month.

December 15th Quilt Raffle Drawing!

December 15 at 5:00 PM

Fellowship Meal and Bingo - \$5 per person due by December 11.
We will be playing Dirty Santa after our meal. Please bring a \$10 gift if you plan to play. If we have time, we will play a few games of quarter bingo after the Dirty Santa game.
RSVP at 336-526-1087 to Sandra Sawyers Johnson

December 18th at 10:00 AM

Christmas Party! Bring Snacks to share!

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 10:00 Chair Exercise Live and Virtual 10:30 Chair Volleyball Live and Virtual 11:00 Quilting 11:30 Congregate Lunch</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 10:30 Canasta for beginners 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry</p>	<p>4 9:30 Open 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 12:00 Journaling Class</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 Chair Exercise Live and Virtual 10:30 Chair Volleyball 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</p>	<p>10 10:30 Canasta for beginners 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry</p>	<p>11 9:30 Healthy Mindsets 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 12:00 Journaling Class</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 Chair Exercise Live and Virtual 10:30 Chair Volleyball Live and Virtual 11:00 Quilting 11:30 Congregate Lunch 5:00 Fellowship Supper Must Sign Up \$5 per person</p>	<p>16 9:00 Exercise with Gabi Live and Virtual 9:00am Presentation 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook</p>	<p>17 10:30 Canasta for beginners 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry</p>	<p>18 9:30 Open 10:00 Christmas Party Bring Snacks to share! 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 12:00 Journaling Class</p>	<p>19 9:30 Senior Center Rock Star FB Chat Check-In 10:00 Crafting Together 11:30 Congregate Lunch</p>
<p>22 No Exercise Classes Today 11:00 Quilting 11:30 Congregate Lunch</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</p>	<p>24 CLOSED</p>	<p>25 CLOSED</p>	<p>26 CLOSED</p>
<p>29 CLOSED</p>	<p>30 CLOSED</p>	<p>31 CLOSED</p>		<p>Dance Classes start back January 8th.</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.