



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 2026

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

Mondays at 6:00PM (**Starting Feb 9th**) Clogging Class with Janice Nixon

Tuesdays at 9:00 AM: Exercise with Gabi (in the classroom) (Live and Virtual)

Tuesdays at 10:30 AM: Nutritional Bingo

Tuesdays Dance with Jene: 6 PM Beginner, 7 PM High Beginner, 8 PM Improver

Wednesdays at 1:00 PM: Prayer Shawl Ladies Meeting (beginners welcome!)

Wednesdays at 10:30 AM: Canasta for Beginners

Thursday at 9:30 AM (1st Thursday): Scrapbooking with Judy

Thursday at 9:00 AM (2nd Thursday Monthly): Health Educator Carson Driggers

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

Friday 11:00 AM: Quilting II

February 10 at 5 PM: Better Together Meal and Support Group

RSVP at 336-526-1087 to Sandra Sawyers Johnson

February 23 5:00 PM: Fellowship Supper Covered Dish

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





FEBRUARY 2026



Mon

Tue

Wed

Thu

Fri

<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6 9:30 Senior Center Rock Star Facebook Chat Check-In 10:00 Crafting Together 11:00 Quilting II 11:30 Congregate Lunch</p>
<p>9 10:00 Chair Exercise Live and Virtual 10:30 Chair Volleyball Live and Virtual 11:00 Quilting 11:30 Congregate Lunch Clogging with Janice 6:00 Beginner 7:00 Intermediate/Advanced</p>	<p>10 9:00 Exercise with Gabi 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 12:00 Valentines Celebration with Connections Homeschool Group 5:00 Better Together Meal Dance with Jene 6:00 Beginner</p>	<p>11 10:00 Canasta for beginners 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry</p>	<p>12 9:30 Health Education Program with Carson Driggers SCHNC 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 12:00 Journaling Class</p>	<p>13 9:30 Senior Center Rock Star Facebook Chat Check-In 10:00 Crafting Together 11:00 Quilting II 11:30 Congregate Lunch</p>
<p>16 10:00 Chair Exercise Live and Virtual 10:30 Chair Volleyball Live and Virtual 11:00 Quilting 11:30 Congregate Lunch Clogging with Janice 6:00 Beginner 7:00 Intermediate/Advanced</p>	<p>17 9:00 Exercise with Gabi 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook Dance with Jene 6:00 Beginner 7:00 High Beginner 8:00 improver</p>	<p>18 10:00 Canasta for beginners 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry</p>	<p>19 9:00 Partners BH 10:00 Bday Party Bring Snacks 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 12:00 Journaling Class</p>	<p>20 9:30 Senior Center Rock Star Facebook Chat Check-In 10:00 Crafting Together 11:00 Quilting II 11:30 Congregate Lunch</p>
<p>23 10:00 Chair Exercise Live and Virtual 10:30 Chair Volleyball Live and Virtual 11:00 Quilting 11:30 Congregate Lunch 5:00 Fellowship Meal & Bingo Clogging with Janice 6:00 Beginner 7:00 Intermediate/Advanced</p>	<p>24 9:00 Exercise with Gabi 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook Dance with Jene 6:00 Beginner 7:00 High Beginner 8:00 improver</p>	<p>25 10:00 Canasta for beginners 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry</p>	<p>26 9:30 Officer O'Leary 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 12:00 Journaling Class</p>	<p>27 9:30 Senior Center Rock Star Facebook Chat Check-In 10:00 Crafting Together 11:00 Quilting II 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.

Sandra Johnson, Manager - (336) 526-1087