



YADKIN VALLEY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 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

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 9:30 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

Friday 11:00 AM: Quilting II

January 6th,13th,20th,and 27th (Tuesdays) 12:00 PM:
Eat Smart Live Strong Program with Second Harvest Food Bank
RSVP at 336-526-1087 to Sandra Sawyers Johnson

January 13th at 5 PM: Better Together Meal and Support Group
RSVP at 336-526-1087 to Sandra Sawyers Johnson

January 26th 5:00 PM: Fellowship Supper
Must Sign Up! \$5 per person
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 Happy New Year!</p> 	<p>2 9:30 Senior Center Rock Star Facebook Chat Check-In 10:00 Crafting Together 11:00 Quilting II 11:30 Congregate Lunch</p>
<p>5 10:00 Chair Exercise Live and Virtual 10:30 Chair Volleyball Live and Virtual 11:00 Quilting 11:30 Congregate Lunch</p>	<p>6 9:00 Exercise with Gabi 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 12:00 Eat Smart Live Strong (Must Sign Up by 12-18-25) Dance with Jene 6:00 Beginner 7:00 High Beginner 8:00 improver</p>	<p>7 10:00 Canasta for beginners 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry</p>	<p>8 9:30 Healthy Mindsets 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 12:00 Journaling Class</p>	<p>9 9:30 Senior Center Rock Star Facebook Chat Check-In 10:00 Crafting Together 11:00 Quilting II 11:30 Congregate Lunch</p>
<p>12 10:00 Chair Exercise Live and Virtual 10:30 Chair Volleyball Live and Virtual 11:00 Quilting 11:30 Congregate Lunch 12:00 Training to the Non-Elderly Presentation w/ BETA Club</p>	<p>13 9:00 Exercise with Gabi 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 12:00 Eat Smart Live Strong 5:00 Better Together Meal Dance with Jene 6:00 Beginner 7:00 High Beginner 8:00 improver</p>	<p>14 10:00 Canasta for beginners 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry</p>	<p>15 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>16 9:30 Senior Center Rock Star Facebook Chat Check-In 10:00 Crafting Together 11:00 Quilting II 11:30 Congregate Lunch</p>
<p>19 CLOSED MLK Day</p>	<p>20 9:00 Exercise with Gabi 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 12:00 Eat Smart Live Strong Dance with Jene 6:00 Beginner 7:00 High Beginner 8:00 improver</p>	<p>21 10:00 Canasta for beginners 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry</p>	<p>22 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>23 9:30 Senior Center Rock Star Facebook Chat Check-In 10:00 Crafting Together 11:00 Quilting II 11:30 Congregate Lunch</p>
<p>26 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>27 9:00 Exercise with Gabi 10:30 Nutritional Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 12:00 Eat Smart Live Strong Dance with Jene 6:00 Beginner 7:00 High Beginner 8:00 improver</p>	<p>28 10:00 Canasta for beginners 11:30 Congregate Lunch 1:00 Prayer Shawl Ministry</p>	<p>29 10:30 Safety Bingo 11:30 Congregate Lunch 12:00 Phase 10 or Rook 12:00 Journaling Class</p>	<p>30 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.