

# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

September 2014

## Important Announcements

**SEPTEMBER IS NATIONAL SENIOR CENTER MONTH we are celebrating on Sept 25 starting that morning at 10:30AM with old fashion Day. Then at 12:30 We will be having the wonderful Vicky Town Storyteller here for your enjoyment with a guaranteed laugh. With some other surprise's. Dont miss it everyone is welcome.**

***Day trip to Greensboro for some shopping, Hamricks, Hobby Lobby, Garden Ridge, and Lunch. Cost of the trip is \$15 covers transportation only, Call Rhonda at (336) 699-5100 for more information or to register.***

**YVEDDI 5K Walk/Run - October 25, 2014**

Time 9:00 a.m. starting at the Yadkinville Senior Center on East Hemlock Street. If you would like to participate, volunteer, or be a sponsor please call Cathy Hennings @ (336) 978-5567.

Benefits the Yadkin County Meals-on-Wheels.



New fun game to play Left, Right & Center.  
Come learn how. Guaranteed to laugh.  
We will be playing on Friday Sept 12 @ 10:30 a.m.

### Information and Referral

Fitness Health Promotion  
Senior Games  
Family Support Groups  
Transportation Medical/General  
Caregivers Classes  
Energy Assistance  
Home Repair/ Modification  
Medicaid/Medicare Benefits  
Job Training Placement  
Telephone Reassurance  
Disaster Services  
Long-term Care Facilities  
Rehabilitation Services  
Durable Medical Equipment Asst. Device  
Health Screenings  
Food Distribution  
Tax Preparation Counseling  
Legal Services  
Respite Housing  
Adult Day Care/Day Health  
Reverse Mortgage Counseling  
Home Health Services  
In-home Aide Services  
Hospice Care  
Social Security Benefits  
Community Mental Health  
Congregate/Home Delivered Meals  
Insurance Counseling  
Report Suspected Abuse, Neglect or Exploitation

September 7, is National Grandparents day How about doing something sweet with your grandkids.



**Funfetti Cake Cheese Ball 1 package (8 ounces) cream cheese, softened 1/2 cup butter, softened 1 1/2 cups funfetti cake mix, dry 3 tablespoons sugar 1/2 cup powdered sugar Mix all the above and form a ball and then roll into 1/2 cup rainbow (sprinkles) eat with your favorite Vanilla Wafers, graham crackers, fruit, or other cookies for dipping**

# September 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed Holiday Labor Day	2 10 Journal Now 11 Yadtel 12 Painting Club 7 Sassy Seniors	3 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Dot's Music Melodies 1 Sr Bowling Mt Airy \$1.50 per game	4 10 Journal Now 11 Nutrition BINGO 7:30 Line Dance Adv\$4	5 10 Journal Now 10:30 Tea Party Home Instead w/Crissy Prevette, 7 Rook
8 9 Line Dance \$4 10 Journal Now 10: Sittersize New \$3 11 Mt Valley Hospice "Skin Disorders" 11 Birthday Party 12 Crocheting 4 Clogging 5:30 Variety Dance	9 9 Young @ Heart chorus 10 Journal Now 11 Deputy Diaz YC sher- iffs Dept Crime Prev. 12 Painting Club 7 Sassy Seniors	10 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 BP Checks 1 Sr Bowling Mt Airy \$1.50 per game	11 10 Journal Now 11 Nutrition BINGO 7:30 Line Dance Adv\$4	12 Day Trip to Hamricks 10 Journal Now 10:30 Left right center Game 7 Rook
15 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 George Henning Band 11 12 Crocheting 4 Clogging 5:30 Variety Dance	16 10 Journal Now 11 Smokey Mtn. 12 Painting Club 12:30 Movie Day at EBPL (Heaven is for Real). 7 Sassy Seniors	17 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 BP Checks 11 Likes and Dislikes 1 Sr Bowling Mt Airy \$1.50 per game	18 10 Journal Now 11 Bingo 7:30 Line Dance Adv\$4	19 10 Journal Now 10:30 Pop Corn & You Tube Ice Cream Day 7 Rook
22 Day Trip to Boone 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 12 Crocheting 4 Clogging 5:30 Variety Dance	23 9 Young @ Heart chorus 10 Journal Now 11 Smokey Mt 12 Painting Club 7 Sassy Seniors	24 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Novant Health Exercise & Weight management 1 Sr Bowling Mt Airy Lanes \$1.50 per game	25 10 Journal Now 11 Old Fashion Day NATIONAL SENIOR CEN- TER CELEBRATION WITH VICKY TOWN 7:30 Line Dance Adv \$4	26 10 Journal Now 10:30 BINGO 7 Rook
29 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Woo Ball 12 Crocheting 4 Clogging 5:30 Variety Dance	30 10 Journal Now 11 Crazy Hat & Duds day 12 Painting Club 7 Sassy Seniors			



**Mission Statement:** "To Enhance the Quality of life for Senior Adults"