



# East Bend Senior Center

*A North Carolina Certified Senior Center of Excellence*

Services and Information  
We can help you with.

- 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/Assistive 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,



## Mission Statement

*To Enhance the  
Quality of Life for  
Senior Adults*

Feb., Mar.,  
& April

2013

*3 old guys are out walking. The 1st one says, "Windy, isn't it?"  
The 2nd one says, "No its Thursday!"  
The 3rd one says, "So am I. Lets go get a soda pop." HAHA*

## Important Announcements

### Vita Free Tax Preparation

Get your state and federal tax returns completed FREE by appointment only. Appointment times will be on Thursdays and Saturdays. Must call the senior center at 699-5100 for your appointment.

Some restrictions apply call for details. VITA is a Volunteer Income Tax Assistance program that are trained volunteers by the IRS.

**The Senior Tarheel Legislature Delegate for Yadkin County Speaker: Carol Roberts will be here  
Monday February 25 @10:45**

The Senior Tarheel Legislature was created to provide information to seniors on the legislative process and matters being considered by the NC General Assembly, to promote citizen involvement and advocacy concerning aging issues before the NC General Assembly, and to assess the legislative needs of older citizens by convening a forum modeled after the NC General Assembly. Mrs. Roberts will share with the group their top priorities for the upcoming year. You will also have the opportunity to ask questions and voice your concerns for Mrs. Roberts to take back to the Legislature.

**Senior Games registration dates are February 11th through March 18th.  
\$10 per participant. No deadline fee. Must be NC resident and be 55 or older.  
More details inside newsletter.**

[www.yveddi.com](http://www.yveddi.com)

# Events

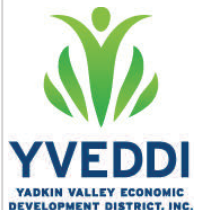
Monday	Tuesday	Wednesday
9:00 Line Dancing \$4 10:00 Journal Now 10:45 Birthday Party (2nd Monday) 10:45 George Hennings Band (3rd Monday) 12:30 Crocheting Club 5:30 Zumba Basic \$3 7:00 Variety Dance \$4 Happy Feet Happy Heart Walkers	9:00 Young at Hearts Chorus 10:00 Journal Now 12:00 Paint it Club 6:00 Zumba Toning \$3 6:00 Senior Supper. Bring covered dish 4th Thursday 6:30 Quilters Guild 2nd Tues Happy Feet Happy Heart Walkers	9:00 Line dancing beginners\$4 10:00 Journal Now 10:00 New Horizons (IDD) adults Dance Party 2nd Wednesdays. 10:45 Dot's Music Melodies 1st Wed 10:45 Bingo 12:15 Zumba Gold \$1 3:00 Tai Chi Happy Feet Happy Heart Walkers
Thursdays	Friday	<b>SERVICES OFFERED</b> 10:45 Blood Pressure (1st Wed. at 10:30 am) 9:00 Beltone Hearing checks 10AM-12PM March 15, July 20, Nov. 16  <b>SPECIAL CLUBS</b> 1:00 Home Ext. (2nd Thurs) 7:00 Ruritans (2nd Thurs) 6:00 Girl Scouts Mondays If you would like any further information on these great groups contact us.
10:00 Journal Now 11:00 Moovin and Groovin 1:00 Home Ext. 2nd Thurs 6:00 Zumba Dance \$3 7:30 Line dancing advanced \$4 Happy Feet Happy Heart Walkers	10:00 Journal Now 10:45 ENP Fun, Fellowship, or Education 7:00 Rook  <b>Wii Games:</b> bowling, tennis, baseball, golf, racing, and now we have Guitar Hero	<b>Activities subject to change. Please            call ahead to confirm.</b>  <i>Some 10:45—11:00 programs are subject            to change if special speakers are visiting            that day.</i>
<b>NEW Pickle-ball            Volunteer Needed</b>  We now have Pickle-ball equipment. Looking for someone to take the lead on it to prepare net and oversee activi- ty. See Rhonda for details.	<b><u>Drop In Activities:</u></b>  Puzzles, Games, Pool table, Horse- shoes, Piano, Wii, Exercise, Movies to check out, computer, shredder and al- ways fellowship.	

**Senior Advocacy:** Check out the **Advocacy Bulletin Board** at the center. Current contact information for all elected officials is available for your use. Voter registration forms are available for you at the center. You may pick one up free of charge and fill it out on your own or assistance is available if needed.

**Donations Accepted:** Bingo Prizes, Craft Supplies. Voluntary Consumer Contributions, are accepted and tax deducted

**For Your Information:** This building is available for community use. You may reserve spaces in the building for receptions, rehearsal dinners, birthday parties, family reunions, and Proms. Call for pricing and availability.

**Volunteer Opportunities:** Volunteer opportunities are available at the center and throughout the community. We will be glad to assist you in finding a rewarding volunteer position that you will enjoy.





# YVEDDI Programs

CSBG Community Services Block Grant Program (Self-Sufficiency)

Domestic Violence/Sexual Assault Program

Regular/Migrant Head Start/ NC Pre-Kindergarten

L. H. Jones Family Resource Center

Senior Centers of Excellence

Senior Enrichment Program

(R.S.V.P) Retired and Senior Volunteer Program

Public Transportation

Weatherization

Yadkin Home Place Group Home

## Holiday Closing

April 1 Easter Holiday  
May 27 Memorial Day

## Inclement Weather Policy

The center follows the Yadkin county school system. If the school is closed, the center will be also. If the school is on delay, we operate on a regular schedule.

### **Senior Games Cheerleading Kickoff Meeting** February 18, 1:00pm East Bend Senior Center.

Were you ever a cheerleader? Did you always want to be? Do you like to have fun? If you answered yes to any of these questions consider becoming a Senior Games cheerleader. We will be recruiting a captain and cheerleaders to participate in the local Senior Games and go on to show off their skills at the State Games. At the meeting we will set up practice times. Must be 55 or older to participate.

Celebrate Black History Month with us on February 26, at 10:45AM with Susan Hutchens from the East Bend Public Library. Learn facts and History about Martin Luther King and other civil activist in our History.

If you didn't know we do have a exercise room with 7 treadmills, 2 bikes, and one elliptical.. This room is Free to use only as the senior center is open Monday –Friday 9:00AM-5:00PM. It is not open during night classes. A senior Center Staff person must be on site to use. This is Free to the public however, contributions are always welcome to help maintain machines .



## VALENTINES DANCE

February 14, at 5:30PM

Stan Bobbitt will be providing our music for us. Supper will be at 5:30; dancing will be from 6:30-8:30. \$10.00 per person. Must have ticket to enter.

## Easter Hat/Bonnet Party

Girl Scouts will be here on Monday, March 25, at 6:00PM. Bring your favorite finger food and don't forget to wear your favorite Easter Bonnet or Hat.

For more information on Living Wills and/or Health Care Power of Attorney, please contact Rhonda at the Senior Center.

## Contributions to the East Bend Senior Center

Consumer contributions are accepted, appreciated and are tax-deductible Contributions are entirely voluntary and there is no obligation to contribute.

Memorial contributions can be added to our Memory Plaque.

Contributions collected will be used to expand services.

Client's participation in consumer contributions shall be confidential.

The East Bend Senior Center Financial Report is available for viewing upon request.

Contact Rhonda Beavers at 699-5100 if you have any questions regarding consumer contributions.

# Announcements

- Yadkin Valley Senior Games: Register between February 11th– March 18th, \$10. There will be no late registration and March 18th will be the deadline. Come by for registration forms or more information. Great fun in athletic events, visual arts, literary arts, heritage arts, and performing arts.
- Newsletters will no longer be mailed, you may pick them up at the East Bend Senior Center, Library, Town Hall or via email.

## Special Education:

- Mountain Valley Hospice
- Smokey Mountain Behavior Health
- Hospice and Palliative Care

Presented once per month to educate us on special topics of interest. Call the senior center for dates and topics. All Seminars start at 11:00AM.

## Got Arthritis?

Sick and tired of feeling sick and tired, with stiff, achy joints and more?  
Get relief with Tai Chi for Arthritis.

**FREE** for seniors at the East Bend Senior Center, 473 E Main St., East Bend, every Wednesday at 3:00PM for one hour. This program is approved by the Arthritis Foundation of America and is based on numerous scientific studies that show it can bring significant relief from arthritis symptoms.

Tai Chi is a gentle exercise that originated from an ancient Chinese martial art. It's especially beneficial for arthritis and overall health. Regular practice of Tai Chi has been shown to reduce the pain and stiffness of arthritis. It also improves flexibility, range of motion, immune system function, and sense of balance. It strengthens muscles and bones and may also lower high blood pressure.

David McMahon, ND, a board certified holistic health practitioner based in Winston-Salem and a certified Tai Chi for Arthritis instructor will lead the classes.

Class size is limited and pre-registration is recommended to ensure your space. Call the Senior Center Director, Rhonda Beavers, at 336-699-5100 to register.

YVEDDI / Senior Center Website [www.yveddi.com/yveddi\\_senior\\_centers0.aspx](http://www.yveddi.com/yveddi_senior_centers0.aspx)

# Senior Spotlight

Featuring

The Young at Heart



Director: Velna Doub  
Pianist: Gaynell Doub  
The Young at Heart sing for revivals, nursing homes, and special events. You may call the senior center for details.



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