

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, Neglect or Exploitation

www.yveddi.com



Mission Statement

*To Enhance the
Quality of Life for
Senior Adults*

May, June,
and July

2013

Young people have theirs, now Seniors have their own texting codes:

- * ATD- At the Doctor's * BFF - Best Friends Funeral *BTW- Bring the Wheelchair
 - * BYOT - Bring Your Own Teeth *CBM- Covered by Medicare *TOT- Texting on Toilet
 - * CUATSC- See You at the Senior Center *DWI- Driving While Incontinent
 - * FWIW - Forgot Where I Was *GGPBL- Gotta Go, Pacemaker Battery Low
 - * GHA - Got Heartburn Again *LMDO- Laughing My Dentures Out *LOL- Living on Lipitor
 - * OMSG - Oh My! Sorry, Gas *WAITT - Who Am I Talking To?
- AND *GGLKI (Gotta Go, Laxative Kicking in!)

Important announcements

May 28 @ 6PM will be our next Supper please bring covered dish our entertainment will be Young at Heart Chorus. We will also be drawing for the quilt and gas card fundraiser.

May 30, 1:00PM Fraud awareness by Gilda Pruitt with SHIIP

June 6, 5:00PM Silver Follies Show at Surry Community College in building A. Free for everyone. Silver Follies is a part of Yadkin Valley Senior Games, Silver Follies is like a talent show for ages 55 and better. They are competing for State Follies. It is a great show that you won't want to miss.

July 30 @ 6PM, Covered dish dinner with a Fashion Show. Guaranteed fun, you will leave laughing. So bring your favorite dish and enjoy a fun filled evening with us.

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

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 4:00 Clogging class starts June 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 Dinner Bash bring covered dish 4th Tuesday bi-monthly 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 1:00 Paper Beads craft class Happy Feet Happy Heart Walkers
Thursdays	Friday	SERVICES OFFERED
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 Wii Games: bowling, tennis, baseball, golf, racing, and now we have Guitar Hero	10:45 Blood Pressure (1st Wed. at 10:30 am) 9:00 Beltone Hearing checks 10AM-12PM March 15, July 20, Nov. 16
	Drop In Activities:	SPECIAL CLUBS
Day Trips: May 29, Winston Salem Coliseum National Senior Health Day June 27, Shatlley Springs July 24, Butterfly Farm, Farmers Market, Greensboro See Last Page for details	Puzzles, Games, Pool table, Horse- shoes, Piano, Wii, Exercise, Movies to check out, computer, shredder and al- ways fellowship.	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.
		<i>Activities subject to change. Please call ahead to confirm.</i> <i>Some 10:45—11:00 programs are subject to change if special speakers are visiting that day.</i>

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

May 27 Memorial Day
July 4 Independence
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.

NEW CLASSES

Clogging

Starting Monday, June 3rd, at 4:00-5:00 PM

Instructor will be Pat Adkins

This class will be \$5 per class, payable monthly.

Call the senior center to register.

Paper Beads

Starting Wednesday, May 15th, at 1:00 PM

This will be a free class, you can bring beads you like for
spacers. We will supply all necessary items.

See you at 1:00.

Pickle-ball

If you have played tennis and liked it then you will
love pickle-ball. If you want to know what it is you
can look it up on the internet. It is the rave in Florida.
High Point has it going on too. We have a few folks
looking for more players. Call if your interested.

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

Recipe Corner

Zucchini Chips

1 lb. zucchini or squash (about 2 medium-sized)
1/4 cup shredded parmesan (heaping)
1/4 cup Panko breadcrumbs (heaping)
1 tablespoon olive oil
1/4 teaspoon kosher salt
freshly ground pepper, to taste

Preheat oven to 400 degrees. Line two baking sheets with foil and spray lightly with vegetable spray. Slice zucchini or squash into 1/4 inch-thick rounds. Toss rounds with oil, coating well. In a wide bowl or plate, combine breadcrumbs, parmesan, salt and pepper. Place rounds in parmesan-breadcrumb mixture, coating both sides of each round, pressing to adhere. The mixture will not completely cover each round, but provides a light coating on each side. Place rounds in a single layer on baking sheets. Sprinkle any remaining breadcrumb mixture over the rounds. Bake for about 22 to 27 minutes, until golden brown. (There is no need to flip them during baking -- they crisp up on both sides as is.)

Day Trip Information

May 29th, leave at 9:30AM for Winston Salem for a CELEBRATION of Healthy Aging it will be Health Screenings, Entertainment, Fun and Educational Exhibitors, Games, and Refreshments. You will also have the opportunity to participate in Guinness World Record for chair-based exercise. This will cost **\$5** for transportation we will stop for lunch on the way back. Lunch on your own.

June 27, leave at 7:00AM Shatley Springs for Breakfast. \$25 will cover transportation, breakfast and tip, and admission to Wilkes Heritage Museum.

July 31, Leave at 9:00 AM Farmers Market and Butterfly Farm. \$15 covers transportation and admission into the Butterfly Farm. Per the request of the staff at the Butterfly Farm, please **DO NOT** use BUG SPRAY that day, butterflies will not come to you. Reserve your seats now. Call Rhonda for more details or questions.

YVEDDI / Senior Center Website www.yveddi.com/yveddi_senior_centers0.aspx

Senior Spotlight

Featuring

The Young at Heart



ZUMBA GOLD

For anyone looking for exercise that has a lower impact than regular Zumba.

Instructor: Jennifer Casstevens

Held on Wednesdays at 12:15 PM

Cost is \$1 per class

Everyone welcome!



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