

EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

AUGUST 2015

Important Announcements

Luau Party
Celebrate with the Yadkin County Senior Centers
TUESDAY
AUG 18
5-8 p.m.

Hot Dogs & Hamburgers
Watermelon Eating Contest
Chair Volley Ball
Hula Hoop & Dance Contest
Mini Fishing
Entertainment by the Reunion Band

Admission \$2.00

Yadkinville Senior Center
207 East Hemlock Street • Yadkinville

Adult Coloring

NEW: Adult Coloring is the new craze. It's stress relieving, soothing, and calming. We

will supply the pages and colored pencils and sharpener.

FREE

Starting August 6th, at 10 a.m.

Every Thursday after at 10!



♥
**KEEP
CALM
AND
DO
ZUMBA**

NEW: ZUMBA is back every Thursday evening starting at 5:45 until 6:45. \$3 for 55 and older and \$4 for everyone else. Instructor: Angel Parrish

Movie at the Library will be Grumpier Old Men. The spin off from last months movie. Free popcorn and lemonade

Announcement: The Dance will not be at the East Bend Senior Center this month due to the LUAU at Yadkinville. But don't worry Stan Bobbitt will be back in September.

New: Widows/Widowers support group. Sponsored by David Gentry from Gentry's Funeral Home. Sarah Tweed with Mt Valley hospice will host. It will be informative and fun. Bring your favorite covered dish /dessert the we will have the main dish, drinks, and paper goods. 4th Thursday of each month 5:30 – 7:00PM

Our Newsletter can be found on the YVEDDI website. Click on the senior center tab then arrow down to senior center of your choice There you will find the latest newsletters. You can also like YVEDDI on FACEBOOK.

August 2015

Mon	Tue	Wed	Thu	Fri
<p>3 10 Journal Now 10 Sittersize \$3 11 Visitation 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4</p>	<p>4 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Ray & Judy 12 Painting Club 7 Sassy Seniors</p>	<p>5 10 Journal Now 10 Pickleball @ YVSC 11 Dot's Music 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>6 10 Journal Now 10 Adult Coloring 11 BINGO 5:45 ZUMBA \$ 7 Line Dance Adv\$4</p>	<p>7 9 East Blenders 10 Journal Now 11 Move & Groove 7 Rook</p>
<p>10 10 Journal Now 10 Sittersize \$3 11 Educational Program Mt Valley Hospice w/Amy 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4</p>	<p>11 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz (Scams) 12 Painting Club 7 Sassy Seniors</p>	<p>12 10 Journal Now 10 Pickleball @ YVSC 11 Blood pressures checks 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>13 10 Journal Now 10 Adult Coloting 11 Nutritional Bingo 1 Home Extension Club 5:45 ZUMBA \$ 7 Ruritans 7 Line Dance Adv\$4</p>	<p>14 9 East Blenders 9:30 Operation Home Front w/Mt Valley hospice 10 Journal Now 11 Favorite recipes 7 Rook</p>
<p>17 10 Journal Now 10 Sittersize \$3 11 George Hennings Band 11 Birthday Party 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4</p>	<p>18 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal No 11 Smoky Mtn. Behavioral health Ed, Program 12:30 Craft Class 5 LUAU AT YCSC 7 Sassy Seniors</p>	<p>19 10 Journal Now 10 Pickleball @ YVSC 11 Domestic Violence Ed. 12:30 .25 cent Bingo 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>20 10 Journal Now 10 Adult Coloring 11 Bingo 5:45 ZUMBA \$ 7:30 Line Dance Adv\$4</p>	<p>21 9 East Blenders 10 Journal Now 11 Educational Program with Home Instead 7 Rook</p>
<p>24 10 Journal Now 10 Sittersize \$3 11 Show and Tell 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4</p>	<p>25 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 East Bend Library 12 Painting Club 12:30 Movie @ EBPL 5:30 Widow/Widowers Support group 7 Sassy Seniors</p>	<p>26 10 Journal Now 10 Pickleball @ YVSC 11 Visitation 12:30 .25 cent Bingo 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>27 10 Journal Now 10 Adult Coloring 11 Nutritional Bingo 5:45 ZUMBA \$ 7 Line Dance Adv\$4 is</p>	<p>28 9 East Blenders 10 Journal Now 11 Move and Groove 7 Rook</p>
<p>31 10 Journal Now 10 Sittersize \$3 11 Move and groove 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4</p>				

Mission Statement: To improve or maintain independent wellness for the older adult through advocacy and vigorous programming.

