

EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

December 2014

Important Announcements



Christmas Party at the Moose Lodge
Friday, December 19th, 5 -9 p.m.
\$10 per person, includes Spaghetti
Dinner & Entertainment.
See Rhonda for your ticket.
Hurry they wont last long.

Our Newsletter can always be found on www.yveddi.com. Click on the senior center tab then arrow down to the senior center of your choice. There you will find the latest newsletters and fliers for our events.

Like YVEDDI on Facebook at <https://www.facebook.com/pages/Yveddi/197923410383056> to receive the latest happenings.

Dear Santa,

For this year I'm requesting, a fat bank account, and a small body. P.S. This year, please don't mix them up, like you did last year!

There are three stages of man...

He believes in Santa Claus; he doesn't believe in Santa Claus; he is Santa Claus.

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



December 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1 9 Line Dance \$4 10 Journal Now 10: Sittersize New \$3 11 Share Stories of Thanksgiving 12 Crocheting 4 Clogging 5:30 Variety Dance	2 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Yadtel 12 Painting Club 7 Sassy Seniors	3 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Dots Music Melodies 1 Sr Bowling Mt Airy \$1.50 per game	4 10 Journal Now 11 BINGO 7:30 Line Dance Adv\$4	5 9 East Blenders 10 Journal Now 11 Show and Tell 7 Rook
8 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Mt Valley Hospice 11 Birthday Party 12 Crocheting 4 Clogging 5:30 Variety Dance	9 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz, Holiday Safety part 2 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 1 Home Extension Club 7 Ruritans 7:30 Line Dance Adv\$4	12 9 East Blenders 10 Journal Now 11 East Bend Elementary will be here to sing to us 7 Rook
15 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 George Henning Band 12 Crocheting 4 Clogging 5:30 Variety Dance	16 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Smoky Mountain Behavioral Health 12 Painting Club 12:30 Movie Day at EBPL A Christmas story 7 Sassy Seniors	17 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Novant Health 1 Sr Bowling Mt Airy \$1.50 per game	18 10 Journal Now 11 Bingo 6 Dance w/Stan Bobbitt 7:30 Line Dance Adv\$4 is Included with the dance	19 9 East Blenders 10 Journal Now 11 Christmas Field Trip 7 Rook
22 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Xmas Triva 12 Crocheting 4 Clogging 5:30 Variety Dance	23 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Christmas Party 12 Painting Club 7 Sassy Seniors	24 CLOSED	25 CLOSED	26 CLOSED
29 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Left Right Center 12 Crocheting 4 Clogging 5:30 Variety Dance	30 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Likes and Dislikes 12 Painting Club 7 Sassy Seniors	31 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 New Years Resolutions 1 Sr Bowling Mt Airy Lanes \$1.50 per game		

Merry Christmas



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

Rhonda Beavers, Director - 336-699-5100