



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence December 2016

## Important Announcements

# MERRY CHRISTMAS!

### DECEMBER 7

**D Day Memorial** Susan from the EBPL will have information for us to share.

### DECEMBER 8

**Holly Jolly Christmas Show** with dinner and door prizes 5PM-8PM Entertainment with Dolly Parton, Patsy Cline, Waylon Jennings, and Starmount show choir. Location is at the New Agricultural & Education Building behind the Yadkin branch of Surry Community College.

**\$10 per ticket get it now.**

### DECEMBER 12

**Day Trip** to Mt Airy Leave at 10AM go to Mayberry Mall (Shopping), Libby Hill (lunch), and Christmas Play at the FRC. \$10 for this trip covers transportation and ice cream on the way back. Shopping & lunch on your own.

### DECEMBER 15

**Volunteer Recognition Day** we will have hotdogs, chips, and ice cream Sundaes starting at 11AM all are invited.

### DECEMBER 16

**East Bend Elementary School Carolers** will be here to sing for us. You may bring a pack of cookies or candy canes to share. Starting at 11AM.

### December 22

**Christmas Party** Bring a \$5 gift for Dirty Santa exchange, snacks to share, and your jolly self.

### SENIOR CENTER WILL BE CLOSED

Dec. 23-Jan. 2, will reopen on the 3rd. We will also be closed Jan. 16 for MLK day.

### 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 (SHIIP)
- Report Suspected Abuse, Neglect or Exploitation



# DECEMBER 2016

Mon	Tue	Wed	Thu	Fri
<p>Lunch is served daily at 11:30 for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more information</p>			<p>1 10 Adult Coloring 10 Journal Now 11 Bingo 12:30 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>2 9 East Blender 10 Journal Now 11 Exercise with Natalie 7 Rook</p>
<p>5 10 Journal Now 11 Brian Games 12 Crocheting 5:30 Variety Dance</p>	<p>6 9:30 Couples Dance \$4 10 Journal Now 11 Judy and Roy 12 Painting Club 6 Quilters Guild 7 Sassy Seniors</p>	<p>7 <b>D Day Memorial</b> 10 Journal Now 10 Yadtel TV/Games 11 D day Memorial 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>8 <b>Holly Jolly Christmas</b> 10 Adult Coloring 10 Journal Now 11 Nutritional Bingo 12:30 Home Ext. Club 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>9 9 East Blender 9:30 We honor Veterans 10 Journal Now 10:30 Exercise w/ Natalie 11 Snap DSS 7 Rook</p>
<p>12 <b>Day Trip Mt Airy</b> 10 Journal Now 10 Day Trip Mt Airy 11 Mt Valley Hospice Christmas BINGO 12 Crocheting 5:30 Variety Dance</p>	<p>13 9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz 12 Painting Club 6 Quilters Guild 7 Sassy Seniors</p>	<p>14 10 Journal Now 10 Yadtel TV/Games 11 Blood Pressure checks 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>15 <b>Volunteer Day</b> 10 Adult Coloring 10 Journal Now 11 Bingo 12:30 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>16 <b>East Bend School Caroling</b> 9 East Blender 10 Journal Now 10:30 Exercise w/ Natalie 11 EBES Singing 7 Rook</p>
<p>19 10 Journal Now 11 Georges Band 12 Crocheting 5:30 Variety Dance</p>	<p>20 9:30 Couples Dance \$4 10 Journal Now 11 Visitation 12 Painting Club 6 Quilters Guild 7 Sassy Seniors</p>	<p>21 10 Journal Now 10 Yadtel TV/Games 11 Likes and Dislikes 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>22 10 Adult Coloring 10 Journal Now 10 <b>Christmas Party</b> 12:30 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>23 <b>CLOSED</b> <b>Christmas Holiday</b></p>
<p>26 <b>CLOSED</b> <b>Christmas Holiday</b></p>	<p>27 <b>CLOSED</b> <b>Christmas Holiday</b></p>	<p>28 CLOSED</p>	<p>29 CLOSED</p>	<p>30 CLOSED</p>

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