

EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

February 2015

Important Announcements

VALENTINES DANCE

February 19th 5:00-8:00.

Tickets are \$10 and includes beef tips, gravy, mashed potatoes, green beans, coleslaw, roll, dessert. Entertainment by the Stan Bobbitt Band. Door prizes! See your local senior center for your ticket. Must have ticket to enter.



Art Class

Don't forget to sign up for the Art Class by February 9. Class will be held Feb.10th from 12:30-2:30 p.m. Pre-registration is required. This month will be "Metal Tooling".

East Blenders

Don't forget to place your biscuit order by Thursday of each week.

VITA FREE tax preparation. For more details call Rhonda at 336-699-5100. Must make appointment for preparation.

Just a reminder that our Senior Chorus meets on Tuesday's. If you like to sing, we would love to have you join the fun..

SENIOR GAMES

Registration will start March 1st - March 31.

Registration will be \$10 per person. This year the Silver Arts show will be held at the Yadkin Arts Council. So sign up and join the fun. You never grow old playing, you grow old because you stop playing!

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

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.

FEBRUARY 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9 Line Dance \$4</p> <p>10 Journal Now</p> <p>10 Sittersize \$3</p> <p>11 Project Lazarus</p> <p>11 Birthday Party</p> <p>12 Crocheting</p> <p>4 Clogging</p> <p>5:30 Variety Dance</p>	<p>3</p> <p>9 Young @ Heart chorus</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Bring your oldest photo Day.</p> <p>12 Painting Club</p>	<p>4</p> <p>9 Line Dance \$4 (beginners)</p> <p>10 Journal Now</p> <p>10 Pickleball @ YVSC</p> <p>11 Dots Music Melodies</p> <p>12:30 .25 cent BINGO</p> <p>1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>5</p> <p>10 Journal Now</p> <p>11 Bingo</p> <p>7:30 Line Dance Adv\$4</p>	<p>6</p> <p>9 East Blenders</p> <p>10 Journal Now</p> <p>11 Gilda with RSVP</p> <p>7 Rook</p>
<p>9</p> <p>9 Line Dance \$4</p> <p>10 Journal Now</p> <p>10 Sittersize \$3</p> <p>11 Birthday Party</p> <p>11 Mt Valley Hospice w/Amy</p> <p>12 Crocheting</p> <p>4 Clogging</p> <p>5:30 Variety Dance</p>	<p>10</p> <p>9 Young @ Heart chorus</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Deputy Diaz (Scams)</p> <p>12 Painting Club</p> <p>1 Art Class with Arts Council Metal Tooling</p> <p>7 Sassy Seniors</p>	<p>11</p> <p>9 Line Dance \$4 (beginners)</p> <p>10 Journal Now</p> <p>10 Pickleball @ YVSC</p> <p>11 BP Checks</p> <p>12:30 .25 cent BINGO</p> <p>1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>12</p> <p>10 Journal Now</p> <p>10:30 VALENTINES Party</p> <p>1 Home Extension Club</p> <p>7 Ruritans</p> <p>7:30 Line Dance Adv\$4</p> <div style="text-align: center;">  </div>	<p>13</p> <p>9 East Blenders</p> <p>10 Journal Now</p> <p>11 BINGO</p> <p>7 Rook</p>
<p>16</p> <p>9 Line Dance \$4</p> <p>10 Journal Now</p> <p>10 Sittersize \$3</p> <p>11 President trivia</p> <p>12 Crocheting</p> <p>4 Clogging</p> <p>5:30 Variety Dance</p>	<p>17</p> <p>Young @ Heart chorus</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Smokey Mtn. w/Debra</p> <p>12 Painting Club</p> <p>1 Art Class with Arts Council Button Tree</p> <p>7 Sassy Seniors</p>	<p>18</p> <p>9 Line Dance \$4 (beginners)</p> <p>10 Journal Now</p> <p>10 Pickleball @ YVSC</p> <p>11 Tell a Joke day</p> <p>11 BP checks</p> <p>12:30 .25 cent Bingo</p> <p>1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>19</p> <p>10 Journal Now</p> <p>11 Bingo</p> <p>6 Valentines Dance w/ Stan Bobbitt</p> <p>7:30 Line Dance Adv\$4 is Included with the dance</p>	<p>20</p> <p>9 East Blenders</p> <p>10 Journal Now</p> <p>11 Favorite Recipe Day</p> <p>7 Rook</p>
<p>23</p> <p>9 Line Dance \$4</p> <p>10 Journal Now</p> <p>10 Sittersize \$3</p> <p>11 George Hennings Band</p> <p>12 Crocheting</p> <p>4 Clogging</p> <p>5:30 Variety Dance</p>	<p>24</p> <p>9 Young @ Heart chorus</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 EBPL (Blk History) Movie</p> <p>7 Sassy Seniors</p>	<p>25</p> <p>9 Line Dance \$4 (beginners)</p> <p>10 Journal Now</p> <p>10 Pickleball @ YVSC</p> <p>11 Novant Health / Likes and dislikes</p> <p>12:30 .25 cent BINGO</p> <p>1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>26</p> <p>10 Journal Now</p> <p>11 Bingo</p> <p>7:30 Line Dance Adv\$4</p>	<p>27</p> <p>9 East Blenders</p> <p>10 Journal Now</p> <p>11 Home Instead with Debra</p> <p>7 Rook</p>



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