

# EAST BEND SENIOR COMMUNITY CENTER NEWS



*A North Carolina Senior Center of Excellence*

**January 2015**

## Important Announcements

**Happy New Year 2015!**

**Don't Forget! Sign up for the Art Class before Jan. 9th, so we can make sure we have enough supplies.**

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

**We will be closed on January 19 for MLK Holiday.**

**Dance with the Stan Bobbitt Band on January 15th \$5 at the door 6-8PM.**

**NEW! History of East Bend presented by Sherry Poindexter on January 23 at 11:00 AM.**

Our newsletters and event fliers can always be found by visiting [www.yveddi.com](http://www.yveddi.com). Click on the Senior Center tab, then arrow down to the Senior Center of your choice.

If you are on Facebook the same information is posted there as well. YVEDDI Facebook page.

### 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



# January 2015

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Happy New Year  CLOSED	2 9 East Blenders 10 Journal Now 11 Story Sharing 7 Rook
5 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Left right center 11 Birthday Party 12 Crocheting 4 Clogging 5:30 Variety Dance	6 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Exercise Game 12 Painting Club 7 Sassy Seniors	7 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 BP Checks 1 Sr Bowling Mt Airy \$1.50 per game	8 10 Journal Now 11 Nutrition BINGO 1 Home Extension Club 7 Ruritans 7:30 Line Dance Adv\$4	9 9 East Blenders 10 Journal Now 11 Emergency Services 7 Rook
12 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Mt Valley Hospice w/Amy 12 Crocheting 4 Clogging 5:30 Variety Dance	13 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz (Scams) 12 Painting Club 1 Art Class with Arts Council Button Tree 7 Sassy Seniors	14 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 BP checks 1 Sr Bowling Mt Airy \$1.50 per game	15 10 Journal Now 11 Bingo 6 Dance w/Stan Bobbitt 7:30 Line Dance Adv\$4 is Included with the dance	16 9 East Blenders 10 Journal Now 11 EBPL w/ Susan 7 Rook
19 CLOSED MLK Jr. Birthday  	20 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Smokey Mtn. w/Debra 12 Painting Club Movie 7 Sassy Seniors	21 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Novant Health 1 Sr Bowling Mt Airy \$1.50 per game	22 10 Journal Now 11 Bingo 7:30 Line Dance Adv\$4	23 9 East Blenders 10 Journal Now 11 History of EB with Sherry Poindexter 7 Rook
26 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 George Hennings Band 12 Crocheting 4 Clogging 5:30 Variety Dance	27 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Fun Trivia 12 Painting Club 7 Sassy Seniors	28 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Likes and Dislikes 1 Sr Bowling Mt Airy Lanes \$1.50 per game	29 10 Journal Now 11 Nutrition BINGO 1 Home Extension Club 7:30 Line Dance Adv\$4	30 9 East Blenders 10 Journal Now 11 Woo Ball 7 Rook



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