

EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

January 2016

Important Announcements



January Art Class returns
Yarn Wall Hanging
Jan. 12 at 12:30 PM
Sandy Thomas, with the
Yadkin Arts Council will assist
Register by the 11th. .

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.

CONCERNS ABOUT FALLING?

A MATTER OF BALANCE is an award winning program designed to manage falls and increase activity levels.

EVERY Thursday 12:30-2:30PM

(Starting January 14)

Call (336) 699-5100 for more information



WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

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

INCLEMENT WEATHER POLICY

The Senior Center follows the same inclement weather closings as the Yadkin County School System.





Upcoming

Feb. 4th IPAD/IPHONE Class 12:30-2:30 sponsored by Yadtel.
Bring your smart phone to learn the ins and outs.

Feb. 16th Valentines Dance. \$10 per person Dinner provided.
Stan Bobbitt Band performing. Get your ticket soon.

January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Closed
4 10 Journal Now 11 Move and Groove 12 Crocheting 5:30 Variety Dance	5 9:30 Couples Dance \$4 10 Journal Now 11 Judy and Roy 12 Painting Club 6 Quilters Quild 7 Sassy Seniors	6 10 Journal Now 11 Dots Music melody 12:30 quarter Bingo 1 Sr Bowling Mt Airy \$1.50 per game	7 10 Adult Coloring 10 Journal Now 11 BINGO 1 Home Extension Club 6 ZUMBA 7 Ruritans 7:30 Line Dance Adv\$4	8 9 East Blenders 9:30 We honor Veterans 11 Deputy Diaz edu 10 Journal Now 7 Rook
11 10 Journal Now 11 Mt Valley Hospice w/ Amy 12 Crocheting 3:00 Girl Scouts 5:30 Variety Dance	12 9:30 Couples Dance \$4 10 Journal Now 11 Move and Grove 12 Painting Club 12:30 Craft Day w/Arts Co. 6 Stan Bobbitt Dance \$5 7 Sassy Seniors	13 10 Journal Now 11 BP checks 12:30 quarter Blngo 1 Sr Bowling Mt Airy \$1.50 per game	14 10 Adult Coloring 10 Journal Now 11 Nutrition BINGO 7:30 Line Dance Adv\$4 is included with the dance	15 9 East Blenders 10 Journal Now 11 Home Instead edu 7 Rook
Closed Martin Luther King Jr.	19 9:30 Couples Dance \$4 10 Journal Now 11 Smoky Mountain Behavioral Heath 12 Painting Club 12:30 Movie Day at EBPL 6 Stan Bobbitt Dance \$5 7 Sassy Seniors	20 10 Journal Now 11 Show and Tell 12:30 quarter Blngo 1 Sr Bowling Mt Airy \$1.50 per game	21 10 Adult Coloring 10 Journal Now 11 Bingo 7:30 Line Dance Adv\$4 is Included with the dance	22 9 East Blenders 10 Journal Now 11 Domestic Violence 7 Rook
25 10 Journal Now 11 Birthday Party 12 Crocheting 5:30 Variety Dance	26 9:30 Couples Dance \$4 10 Journal Now 11 East Bend Library w/ Susan 12 Painting Club 5:30 Widows/Widowers Dinner by Gentry's 7 Sassy Seniors	27 10 Journal Now 11 Sassy Seniors Dancers 12:30 quarter Blngo 1 Sr Bowling Mt Airy Lanes \$1.50 per game	28 10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 7:30 Line Dance Adv\$4 is Included with the dance	29 9 East Blenders 10 Journal Now 11 likes and dislikes 7 Rook



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

