

EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

July 2015

Important Announcements

Don't forget to attend **OPERATION HOME FRONT** Casual Meetings to connect, recognize, and support our local HERO'S.

Sponsored by Mountain Valley Hospice
2nd Friday each month
9:30-10:30 a.m.

If you would like a O'Henry's Biscuit call ahead to order \$2


**KEEP
CALM
AND
DO
ZUMBA**

NEW: ZUMBA is back every Thursday evening starting at 5:45 until 6:45. \$3 for 55 and older and \$4 for everyone else. Angel Parrish will be your instructor.

- May 19th at 12:30 p.m. East Bend Public Library—Movie: “”. Free popcorn and lemonade provided.
- 2nd Tuesday of each month 12:30 - 2:30 p.m. Art Class (Sponsored by the Yadkin Arts Council): Scrabble coasters.
- Every Thursday at 7:30 p.m. Line Dance \$4
- Every Monday at 4:00 p.m. Clogging \$20 per month
- Every Monday at 5:30 p.m. Variety Dance Class \$4



Road Trip

MONDAY

JULY 20

Only \$15 per person

Includes transportation, entry into the Science Center, entry into a 3D Omnisphere Show “Flight of the Butterflies,” and a Subway lunch
(Lunch will be eaten after the show at the Science Center's picnic tables)

Leaving from the Yadkin County Senior Center at 9:00 a.m. (returning 4:00 p.m.)
207 East Hemlock Street • Yadkinville, NC 27055

Seats are limited.

Please register by calling your Senior Center by July 16th.

Yadkin County Senior Center 336-679-3596

East Bend Senior Center 336-699-5100

Yadkin Valley Senior Center 336-526-1087



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.

July 2015

Mon	Tue	Wed	Thu	Fri
		1 10 Journal Now 10 Pickleball @ YVSC 11 Visitation & Fellowship 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game	2 10 Journal Now 11 BINGO 12 Diabetes Class 5:45 ZUMBA \$ 7 Line Dance Adv\$4	3 CLOSED  Happy 4th of July!
6 10 Journal Now 10 Sittersize \$3 11 Dots Music Melodies 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4	7 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Ray & Judy 12 Painting Club 7 Sassy Seniors	8 10 Journal Now 10 Pickleball @ YVSC 11 Blood pressures checks 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game	9 10 Journal Now 11 Nutritional Bingo 12 Diabetes Class 5:45 ZUMBA \$ 7 Ruritans 7 Line Dance Adv\$4	10 9 East Blenders 9:30 Operation Home Front w/Mt Valley hopice 10 Journal Now 11 Favorite Desserts 7 Rook
13 10 Journal Now 10 Sittersize \$3 11 Educational Program Mt Valley Hospice w/Amy 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4	14 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal No 11 EDeputy Diaz (Scams) 12:30 Craft Class 6 Dance w Stan Bobbitt \$5 7 Sassy Seniors	15 10 Journal Now 10 Pickleball @ YVSC 11 Domestic Violence Ed. 12:30 .25 cent Bingo 1 Sr Bowling Mt Airy \$1.50 per game	16 10 Journal Now 11 Bingo 12 Diabetes class 1 Home Extension Club 5:45 ZUMBA \$ 7:30 Line Dance Adv\$4	17 9 East Blenders 10 Journal Now 11 Educational Program with Home Instead 7 Rook
20 10 Journal Now 10 Sittersize \$3 11 Birthday party 11 George Hennings Band 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4	21 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Smoky Mtn. Beh 12 Painting Club 12:30 Movie @ EBPL 6 Dance 7 Sassy Seniors	22 10 Journal Now 10 Pickleball @ YVSC 11 Visitation 12:30 .25 cent Bingo 1 Sr Bowling Mt Airy \$1.50 per game	23 10 Journal Now 11 Nutritional Bingo 7 Line Dance Adv\$4 is	24 9 East Blenders 10 Journal Now 11 Show and Tell 7 Rook
27 10 Journal Now 10 Sittersize \$3 11 Move and groove 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4	28 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 EB library w/ Susan 12 Painting Club 7 Sassy Seniors	29 10 Journal Now 10 Pickleball @ YVSC 11 Likes and dislikes 12:30 .25 cent Bingo 1 Sr Bowling Mt Airy \$1.50 per game	30 10 Journal Now 11 Nutritional Bingo 7 Line Dance Adv\$4 is	31 9 East Blenders 10 Journal Now 11 Move @ Groove 7 Rook



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

