

EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

June 2015

Important Announcements

If you have served in the ARMED FORCES of the United States of America, you are invited 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'Henery's Biscuit call ahead to order \$2

- **NOTICE Change of Date** Tuesday June 16th at 6:00 p.m. Dance with the Stan Bobbitt Band \$5.00 Every month starting in June.
- June 11th - Silver Follies Performance. Free to the public. Show starts at 3 p.m. at the Yadkin Arts Center in Yadkinville.
- May 19th at 12:30 p.m. East Bend Public Library—Movie: "Dandelion Dust". Free popcorn and lemonade provided.
- 2nd Tuesday of each month 12:30 - 2:30 p.m. Art Class (Sponsored by the Yadkin Arts Council): Stain Glass
- 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



Are you ready to...

Take Control of Your Diabetes?

A Free Diabetes Program for Seniors is being offered in your area!

Join us on Thursdays for this fun, hands-on 6 week class!

Where: East Bend Senior Center
473 East Main Street Ext.
East Bend, NC 27018

Dates: Classes begin on June 18
Classes: June 25, July 2, July 9, July 16, July 23

Time: Tuesdays at 12:00-2:30pm

For more information or to register, call or email:

Rhonda Beavers at 336-699-5100

rbeavers@yveddi.com

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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.



June 2015

Mon	Tue	Wed	Thu	Fri
1 10 Journal Now 10 Sittersize \$3 11 Visitation 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4	2 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Shelby's trivia 12 Painting Club 7 Sassy Seniors	3 10 Journal Now 10 Pickleball @ YVSC 11 Dots Music Melodies 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game	4 10 Journal Now 11 Bingo and Refreshments from Willowbrook 7:30 Line Dance Adv\$4	5 9 East Blenders 10 Journal Now 11 Word Search 7 Rook
8 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	9 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz (Scams) 12 Painting Club 7 Sassy Seniors	10 10 Journal Now 10 Pickleball @ YVSC 11 BP Checks 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game	11 10 Journal Now 11 Nutritional Bingo 3 Silver Arts Follies Show Yadkin Cultural Arts center 7:30 Line Dance Adv\$4	12 9 East Blenders 9:30 Operation Home Front w/Mt Valley hopice 10 Journal Now 11 questions and answers With Pat 7 Rook
15 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	16 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal No 11 Ed.Pro w/ Smokey Mtn 12:30 Movie at EBPL the Like Dandelion Dust 6 Dance w Stan Bobbitt \$5 7 Sassy Seniors	17 10 Journal Now 10 Pickleball @ YVSC 11 Show & Tell 12:30 .25 cent Bingo 1 Sr Bowling Mt Airy \$1.50 per game	18 10 Journal Now 11 Bingo 12 Diabetes class begins 1 Home Extension Club 7 Ruritans 7:30 Line Dance Adv\$4	19 9 East Blenders 10 Journal Now 11 Educational Program with Home Instead 7 Rook
22 10 Journal Now 10 Sittersize \$3 11 Visitation 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4	23 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 EBPL w/ Susan 12 Painting Club 12:30 Movie @ EBPL 7 Sassy Seniors	24 10 Journal Now 10 Pickleball @ YVSC 11 Moovin & Groovin 12:30 .25 cent Bingo 1 Sr Bowling Mt Airy \$1.50 per game	25 10 Journal Now 11 Nutritional Bingo 12 12 Diabetes Class 7Line Dance Adv\$4 is Included with the dance	26 9 East Blenders 10 Journal Now 11 Games 7 Rook
29 10 Journal Now 10 Sittersize \$3 11 the Singing Sisters 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4	30 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Likes and Dislikes 12 Painting Club 7 Sassy Seniors			



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

