

# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

March 2015

## Important Announcements

**VALENTINES DANCE** Has been rescheduled for March 19th 5:00-8:00 p.m.. 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** has been reschedule for March 3rd at 12:30 p.m. See Rhonda to register.

**Basket Class:** If you are interest in making your own home-made basket we are taking sign ups now. \$15 includes your basket making materials and you get to take your basket home at the end of the day. Payment needs to be made by the 9th.

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

### SENIOR GAMES REGISTRATION IS NOW

Registration will start March 1st - March 31st. Registration will be \$10 per person. This years **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!





**BELTONE** will be here March 18th, 10 a.m.-12 p.m. for hearing/hearing aide checks Free! No appointment needed.

### 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.

# March 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Visitation/fellowship 12 Crocheting 4 Clogging 5:30 Variety Dance</p>	<p>3 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Tell a joke day 12 Painting Club 1 Art Class with Arts Council</p>	<p>4 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Dots Music Melodies 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>5 10 Journal Now 11 Nutrition Bingo 7:30 Line Dance Adv \$4</p>	<p>6 9 East Blenders 10 Journal Now 11 Left, Right, Center game 7 Rook</p>
<p>9 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Birthday Party 11 Mt Valley Hospice w/Amy 12 Crocheting 4 Clogging 5:30 Variety Dance</p>	<p>10 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz (Scams) 12 Painting Club 6:30 7 Sassy Seniors</p>	<p>11 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 BP Checks 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>12 10 Journal Now 11 Bingo 1 Home Extension Club 7 Ruritans 7:30 Line Dance Adv\$4</p>	<p>13 9 East Blenders 10 Journal Now 11 7 Rook</p>
<p>16 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 George Hennings Band 12 Crocheting 4 Clogging 5:30 Variety Dance</p>	<p>17 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 10:30 St Patrick's Trivia 11 Smokey Mtn. w/Debra 12:30 Movie at EBPL the HELP 7 Sassy Seniors</p>	<p>18 10AM-12 BELTONE 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Show and Tell 11 BP checks 12:30 .25 cent Bingo 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>19 10 Journal Now 11 Nutrition Bingo 6 Valentines Dance w/ Stan Bobbitt 7:30 Line Dance Adv\$4 is Included with the dance</p>	<p>20 9 East Blenders 10 Journal Now 11 Debbie w/ Home Instead 7 Rook</p>
<p>23 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Old Photo Day 12 Crocheting 4 Clogging 5:30 Variety Dance</p>	<p>24 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 EBPL (Blk History) 12 Painting Club Movie 7 Sassy Seniors</p>	<p>25 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Novant Health / Likes and dislikes 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>26 10 Journal Now 11 Bingo 7:30 Line Dance Adv\$4</p>	<p>27 9 East Blenders 10 Journal Now 11 Favorite Recipe 7 Rook</p>
<p>30 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Woo Ball 12 Crocheting 4 Clogging 5:30 Variety Dance</p>	<p>31 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Popcorn 12 Painting Club 7 Sassy Seniors</p>	<p>Just a reminder that our <b>Senior Chorus</b> meets on Tuesday's. If you like to sing, we would love to have you join the fun.</p>	<div style="display: flex; justify-content: space-around; align-items: center;">   </div>	

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

**Rhonda Beavers, Director - 336-699-5100**