

EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

May 2015

Important Announcements

NEW

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 starting May 8th

9:30-10:30 a.m.

- May 1st at 10:00 a.m.
Senior Games Opening Ceremonies at Fisher River Park, Dobson, NC
- May 19th at 12:30 p.m.
East Bend Public Library movie this month will be "Facing the Giants".
Free popcorn and lemonade provided.
- May 21st at 6:00 p.m. Dance with the Stan Bobbitt Band \$5.00
- 2nd Tuesday of each month 12:30 - 2:30 p.m. Art Class (Sponsored by the Yadkin Arts Council): Abstract Painting
- Every Thursday at 7:30 p.m. Line Dance \$4.00
- Every Monday at 4:00 p.m. Clogging \$20 per month
- Every Monday at 5:30 p.m. Variety Dance Class \$4

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



Monday, May 11th

ONLY \$25.00

per person

A Day AT BB&T BALLPARK

11:00 a.m. vs. Myrtle Beach Pelicans

(Will leave from the Senior Center at 10:00 a.m.)

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.

May 2015

Mon	Tue	Wed	Thu	Fri
 <p><i>Remembering the people who died while serving in the country's armed forces.</i></p>				<p>1</p> <p>9 East Blenders 10 Journal Now 11 Favorite Recipe 11 7 Rook **10 Opening Ceremonies Senior Games Fisher River Park, Dobson</p>
<p>4</p> <p>10 Journal Now 10 Sittersize \$3 11 Moovin and Groovin 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4</p>	<p>5</p> <p>9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 NC trivia 12 Painting Club 7 Sassy Seniors</p>	<p>6</p> <p>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>7</p> <p>10 Journal Now 11 Bingo 7:30 Line Dance Adv\$4</p>	<p>8</p> <p>9 East Blenders 9:30 Operation Home Front w/Mt Valley hopice 10 Journal Now 11 Mother's Day Special 11 7 Rook</p>
<p>11</p> <p>10 Journal Now 10 Sittersize \$3 11 Birthday party 11 Educational Program Mt Valley Hospice w/Amy 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4</p>	<p>12</p> <p>Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal No 11 Deputy Diaz (Scams) 12:30 Movie at EBPL the HELP 7 Sassy Seniors</p>	<p>13</p> <p>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>14</p> <p>10 Journal Now 11 Nutrition Bingo 1 Home Extension Club 7 Ruritans 7:30 Line Dance Adv\$4</p>	<p>15</p> <p>9 East Blenders 10 Journal Now 11 Educational Program with Home Instead 11 7 Rook</p>
<p>18</p> <p>10 Journal Now 10 Sittersize \$3 11 George Hennings Band 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4</p>	<p>19</p> <p>9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Educational Program w/ Smokey Mtn. 12 Painting Club 12:30 Movie @ EBPL 7 Sassy Seniors</p>	<p>20</p> <p>10 Journal Now 10 Pickleball @ YVSC 11 word search 12:30 .25 cent Bingo 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>21</p> <p>10 Journal Now 11 Bingo 6 Dance w/Stan Bobbitt\$5 7:30 Line Dance Adv\$4 is Included with the dance</p>	<p>22</p> <p>9 East Blenders 10 Journal Now 11 Favorite desserts for Memorial Day sharing 11 7 Rook</p>
<p>25</p> <p>CLOSED</p> 	<p>26</p> <p>9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 EBPL w/ Susan 12 Painting Club 7 Sassy Seniors</p>	<p>27</p> <p>10 Journal Now 10 Pickleball @ YVSC 11 Likes and Dislikes 12:30 .25 cent Bingo 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>28</p> <p>10 Journal Now 11 Nutrition Bingo 12 7:30 Line Dance Adv\$4</p>	<p>29</p> <p>9 East Blenders 10 Journal Now 11 Show & Tell 11 7 Rook</p>



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

