

# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

May 2016

## Important Announcements



**NEW:** Wake Forest Baptist Health will be doing an Educational Program every 4th Friday each month. Presented by John Brice, M.ED., M.P.H. Community Health Educator. These will be FREE workshops for the public concerning Senior Issues. Tell your friends, families, & caregivers.

### 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 (SHIP)
- Report Suspected Abuse, Neglect or Exploitation



East Bend Art Class is always the 2nd Tuesday of each month. FREE to all! Supplies provided by Yadkin County Arts Council. Instructor will be ready to start at 12:30 PM Sign up by noon the Monday before the class.

### Art Classes

Sponsored by the Yadkin Arts Council

Sandi Thomas, Artist  
Coordinator will supply the materials and time to host this class. It will be a 2-hour class and your creation is yours to keep.



May 2016  
Resist Watercolor

Spaces are limited. Please call your Senior Center to register.

Yadkin County Senior Center 336-679-3596  
1st Tuesday of each month 12:30 - 2:30 p.m.

East Bend Senior Center 336-699-5100  
2nd Tuesday of each month 12:30 - 2:30 p.m.

Yadkin Valley Senior Center 336-526-1087  
3rd Tuesday of each month 12:30 - 2:30 p.m.

Beltone will be onsite, Thursday May 5th, 9AM-12PM for hearing screenings and hearing aid checks and cleanings. Services are free. Call for more information.

Shatley Springs Breakfast- June 7th: Leave East Bend at 8AM for breakfast then shopping at the cheese factory and a little shopping in Wilkesboro. YVEDDI meal participants \$13, non participants \$20. Covers breakfast and transportation.

May is Older Americans Month. Come celebrate with us on the May 25th at 10 AM. to learn more about this special month. Snacks will be provided.

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



# MAY 2016

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>10 Journal Now 11 Show and Tell 12 Crocheting 5:30 Variety Dance</p>	<p>3</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Judy &amp; Roy music 12 Painting Club 7 Sassy Seniors</p>	<p>4</p> <p>10 Journal Now 10 Yaddel TV/Games 11 Dots Sing Along 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>5</p> <p>10 Adult Coloring 10 Journal Now 11 Bingo 12:30 Matter of Balance 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>6</p> <p>9 East Blender 10 Journal Now 11 Brain Games 7 Rook</p>
<p>9</p> <p>10 Journal Now 11 Corn Hole 12 Crocheting 5:30 Variety Dance</p>	<p>10</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz 12:30 Craft Class 12 Painting Club 6 Quilters Quild 7 Sassy Seniors</p>	<p>11</p> <p>10 Journal Now 10 Yaddel TV/Games 11 B/P checks 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>12</p> <p>10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 12:30 Matter of Balance 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>13</p> <p>9 East Blender 9:30 We Honor Veterans 10 Journal Now 11 Brain Games 7 Rook</p>
<p>16</p> <p>10 Journal Now 11 George Hennings Band 12 Crocheting 5:30 Variety Dance</p>	<p>17</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Movie Day EBPL 12 Painting Club 6 Stan Bobbitt Dance \$5 7 Sassy Seniors</p>	<p>18</p> <p>10 Journal Now 10 Yaddel TV/Games 11 Sassy Seniors 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>19</p> <p>10 Adult Coloring 10 Journal Now 11 Bingo 12:30 Matter of Balance 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>20</p> <p>9 East Blender 10 Journal Now 11 Brian Games 7 Rook</p>
<p>23</p> <p>10 Journal Now 11 Mountain Valley Hospice with Allison 12 Crocheting 5:30 Variety Dance</p>	<p>24</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Story Telling EBPL 12 Painting Club 7 Sassy Seniors</p>	<p>25</p> <p>10 Journal Now 10 Yaddel TV/Games 11 OAM CELEBRATION 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>26</p> <p>10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 12:30 Matter of Balance 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>27</p> <p>9 East Blender 10 Journal Now 11 WFBH Comp. Cancer Education with John 11 Brain Games 7 Rook</p>
<p>30</p> <p>CLOSED Memorial Day</p>	<p>31</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Likes and Dislikes 12 Painting Club 7 Sassy Seniors</p>			<p><i>Lunch is served daily at 11:30 for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more information.</i></p>