



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence October 2017

## Important Announcements

**October 13th 1-4 p.m. INFORMATION FAIR** at the YVEDDI office in Booneville

Transportation will be provide from the senior center.

Skin Cancer Screenings, Hearing Screenings, Blood Pressure & Glucose Screenings, Flu Shots, Medicare and Medicare Part D, Veterans Affairs, DSS/Social Services, & information on YVEDDI Senior Services, Weatherization Program and Public Transportation will be provided. You don't want to miss it!

**October 17th 11:00 a.m. Craft Day** by Polka Dots, Pre-registration required.

**October 24th 12:30 p.m. MOVIE** at East Bend Public Library - Princess Cut (the 2015 film was filmed in East Bend) FREE

**October 20th 2:00-4:30 p.m. Senior Fun Day** at Yadkinville United Methodist Church - BINGO, door prizes, snacks, vendors and games. FREE ADMISSION

**October 31st 11:00 a.m. Halloween Party** - Prize for best costume, Halloween trivia, Bring your favorite Halloween treats to share.

### Upcoming Holiday/Closing Schedule

Nov. 7th: Election day

Nov.10th: Veterans Day

Nov 23rd & 24th: Thanksgiving Holiday

### Save the Dates

• **November 25th** Small Town Christmas (East Bend Fire Dept.)

Pintos, Chicken Stew and lots of door prizes.

Donations and canned food will be accepted for the East Bend Christian Ministries.

**December 7th** Christmas Party (more details to follow)

New IPAD for senior use while at the center. Learn how to use social media, You Tube, games, Facetime children and grandchildren. See Rhonda for use and training. (IPAD cannot be taken outside the center)

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

## How You Can Give...

*The YVEDDI Senior Centers of Yadkin County are proud United Fund Agencies!*

We encourage you to SUPPORT THE  
Yadkin County United Fund

**By Mail:**

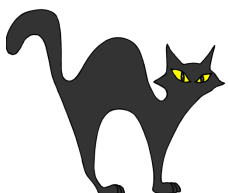
**Yadkin County United Fund**

**205 S. Jackson Street**

**Yadkinville, NC 27055**



Or visit [www.yadkincountyunitedfund.org](http://www.yadkincountyunitedfund.org)



# OCTOBER 2017

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>10 Journal Now 11 Brain Games 12 Crocheting 5:30 Variety Dance \$4</p>	<p>3</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Judy and Roy 12 Painting Club 6 Zumba 1 \$4 7 Sassy Seniors</p>	<p>4</p> <p>10 Journal Now 11 Dots music 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 Nutrition Bingo 6 Zumba 2 \$4 7:30 Line Dance Adv \$4</p>	<p>6</p> <p>9 East Blender 10 Journal Now 11 Exercise with Natalie 7 Rook</p>
<p>9</p> <p>10 Journal Now 11 Mt Valley Hospice 12 Crocheting 5:30 Variety Dance \$4</p>	<p>10</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz 12 Painting Club 6 Zumba 1 \$4 7 Sassy Seniors</p>	<p>11</p> <p>10 Journal Now 11 Carter Bank &amp; trust 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 6 Zumba 2 \$4 7:30 Line Dance Adv \$4</p>	<p>13 INFORMATION FAIR Boonville, 1-4 PM 9 East Blender We Honor Veterans 10 Journal Now 10:30 Blood Pressure 11 Exercise with Natalie 7 Rook</p> <p style="text-align: right;">9 <input checked="" type="checkbox"/></p>
<p>16</p> <p>10 Journal Now 11 Georges Band 12 Crocheting 5:30 Variety Dance \$4</p>	<p>17</p> <p>9:30 Couples Dance \$4 10 Journal Now 10 Craft Day 11 Polka Dots Crafts 12 Painting Club 6 Zumba 1 \$4 7 Sassy Seniors</p>	<p>18</p> <p>10 Journal Now 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 6 Zumba 2 \$4 7:30 Line Dance Adv \$4</p>	<p>20</p> <p>9 East Blender 10 Journal Now 11 Exercise with Natalie 7 Rook  SENIOR FUN DAY 2-4:30 Yadkinville UMC</p>
<p>23</p> <p>10 Journal Now 11 Visitation 12 Crocheting 5:30 Variety Dance \$4</p>	<p>24</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Storytelling w/ Susan 12 Painting Club 12:30 EBPL MOVIE See Front 6 Zumba 1 \$4 7 Sassy Seniors</p>	<p>25</p> <p>10 Journal Now 11 Corn Hole 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 6 Zumba 2 \$4 7:30 Line Dance Adv \$4</p>	<p>26</p> <p>9 East Blender 10 Journal Now 11 Exercise with Natalie 7 Rook</p>
<p>30</p> <p>10 Journal Now 11 Likes and Dislikes 12 Crocheting 5:30 Variety Dance \$4</p>	<p>31</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Halloween Party 12 Painting Club 6 Zumba 1 \$4 47 Sassy Seniors</p> 	<p>Lunch is served daily at 11:30 am for ages 60 &amp; older.  You must be registered. Contact the Nutrition Site Manager for more information</p>		

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

Rhonda Beavers, Manager • 336-699-5100