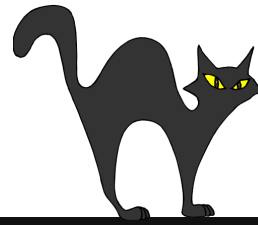


EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

October 2015

Important Announcements

HEATH FAIR

Mark Your Calendar for
OCT 3rd 10AM-2PM

Flu shots available

10 am-12 pm (bring your insurance card)



Sponsored by **New Birth Church in East Bend.**

Health screenings, healthy snacks, bicycle safety and course, safe house with the fire department

Tie-Dye T-Shirt Class

October 16th at 12:30 PM

Bring your own 100% cotton t-shirt - wet in a plastic bag.
Free class. Special thanks to Kaye Michaels for helping.

October Art Class

October 13th

12:30 - 2 :30 PM

Leaves Candle Holder

Spaces limited, please call Senior Center to register

Instructor: Jody Pounds

Sponsored by the Yadkin Arts Council

Adult Coloring

Every Thursday

10 AM

Information Fair

Friday, October 16

9 - 11:30 AM

Free sausage biscuits and coffee will be provided

Medicare information provided by Joe King
Yadkin Valley Pharmacy Drug Benefits
DSS, Snap (food Stamps), energy assistance, Etc.
Fraud and Scam presentation by Deputy Diaz
Veterans Benefits provided by Chuck Knight

Disco Dance

Tuesday, Oct. 20 6 - 8 PM

\$5 per person

Entertainment by the Stan Bobbitt Band

Halloween Monster Mash

Thursday, Oct. 29 5 - 8 PM

Costume Contest ▪ Games

Wicked Witches Stew will be served

\$3.00 per person

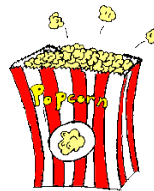
Location: Yadkin Valley Senior Center
121 Delos Martin Dr ▪ Jonesville, NC 28642

Movie at the Library

"Magic of Ordinary Days"

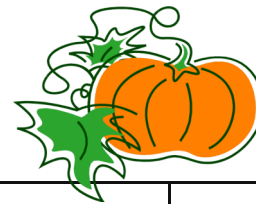
Oct. 20th at 12:30 PM

Free popcorn and lemonade



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.

October 2015



Mon	Tue	Wed	Thu	Fri
<p>East Blenders Join us for breakfast every Friday at 9:00 AM...</p> <p>Pre-order your biscuit on Thursday Tenderloin or Ham is \$2.70 Sausage or Bacon is \$2.15 Egg is .50¢ extra</p>			<p>1 10 Journal Now 10 Adult Coloring 11 BINGO 5:45 ZUMBA \$ 7 Line Dance Adv\$4</p>	<p>2 9 East Blenders 10 Journal Now 11 Show and Tell 7 Rook</p>
<p>5 10 Journal Now 10 Sittersize \$3 11 Visitation 12 Crocheting 4 Clogging \$20 per mth. 5:30 Variety Dance \$4</p>	<p>6 9:30 Couples Dance \$4 10 Journal Now 11 Ray (Singing) 12 Painting Club 6:30 Quilters Quild 7 Sassy Seniors</p>	<p>7 10 Journal Now 11 Dot's Music Melodies 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>8 10 Journal Now 10 Adult Coloring 11 Nutritional Bingo 1 Home Extension Club 5:45 ZUMBA \$ 7 Ruritans 7 Line Dance Adv\$4</p>	<p>9 9 East Blenders 9:30 Operation Home Front w/Mt Valley hospice 10 Journal Now 11 Favorite Recipe 7 Rook</p>
<p>12 10 Journal Now 10 Sittersize \$3 11 Mt Valley hospice w/ Amy Wilhelm 12 Crocheting 4 Clogging \$20 per mth. 5:30 Variety Dance \$4</p>	<p>13 9:30 Couples Dance \$4 10 Journal No 11 Deputy Diaz (Scams) 12:30 Art Class 7 Sassy Seniors</p>	<p>14 10 Journal Now 11 Blood Pressure Cks 12:30 .25 cent Bingo 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>15 10 Journal Now 10 Adult Coloring 11 Bingo 5:45 ZUMBA \$ 7:30 Line Dance Adv\$4</p>	<p>16 9 East Blenders 9 Information Fair 10 Journal Now 11 Educational Program with Home Instead 12:30 Tie Dye Tee Shirts Class 7 Rook</p>
<p>19 10 Journal Now 10 Sittersize \$3 11 George Hennings Band 11 Birthday party 12 Crocheting 4 Clogging \$20 per mth. 5:30 Variety Dance \$4</p>	<p>20 9:30 Couples Dance \$4 10 Journal Now 11 East Bend Library 12 Painting Club 12:30 Movie @ EBPL 5:30 Widow/Widowers Support group 7 Sassy Seniors 6 Dance with Stan Bobbitt</p>	<p>21 10 Journal Now 11 Domestic Violence Ed. 12:30 .25 cent Bingo 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>22 10 Journal Now 10 Adult Coloring 11 Nutritional Bingo 5:45 ZUMBA \$ 7 Line Dance Adv\$4 is</p>	<p>23 9 East Blenders 10 Journal Now 11 Move & Grove 7 Rook</p>
<p>26 10 Journal Now 10 Sittersize \$3 11 likes and dislikes 12 Crocheting 4 Clogging \$20 per mth. 5:30 Variety Dance \$4</p>	<p>27 9:30 Couples Dance \$4 10 Journal Now 11 EBPL w/ Susan Storytelling/Trivia 12 Painting Club 7 Sassy Seniors</p>	<p>28 10 Journal Now 11 move and grove 12:30 .25 cent Bingo 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>29 10 Journal Now 10 Adult Coloring 11 Bingo 5 Monster Mash @YVSC 5:45 ZUMBA \$ 7:30 Line Dance Adv\$4</p>	<p>30 9 East Blenders 10 Journal Now 11 Halloween Party 7 Rook</p>



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

