

# EAST BEND SENIOR COMMUNITY CENTER NEWS



*A North Carolina Certified Senior Center of Excellence*

**October 2016**

## OCTOBER is a BIG Dill

### We are a "Big Dill" at the East Bend Senior Center!

T-shirts on sale now \$15

See Rhonda for a order form. (This is a fundraiser for the senior center)

Front: I'm a BIG Dill at the East Bend Senior Center

Back: a list of senior centers in Yadkin County with name and phone number



### Oct 4th - DIXIE CLASSIC FAIR

The Yadkin County Senior Centers will be taking a trip to the Dixie Classic Fair.

We will leave the Senior Centers at 8:30 AM

Admission is FREE for seniors 60 and older.

Lunch, exhibits and other activities are on your own.

We will leave the Fair at 1:00 PM to return to the Senior Center.

### Oct 17th - Good Ole Hoe Down at the Yadkin County Senior Center.

\$5 per person includes chicken stew, desserts, tea and coffee and fun. Western Theme, so wear your boots and hats and swing your partner round and round.

### Oct 20th - Information Fair and Flu Shots

Medicare specialist Joe King, CSA, along with the Pharmacist from Yadkin Valley Pharmacy will be on-site to answer any questions about the new drug program and Medicare benefits. Flu Shots are free. Bring your Medicare/Insurance Card with you.

### Oct 28th - Senior Fun Day 2:00 - 4:30 PM at the Yadkinville United Methodist Church.

Snacks, Community Vendors, Door Prizes and Games. Free for 50 and older.

### Oct 31st - Halloween Party 10:30 AM

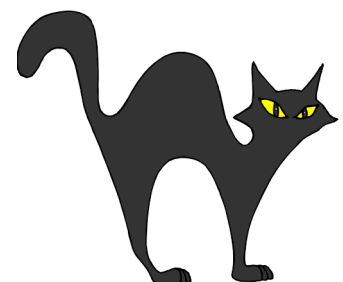
Bring your favorite creepy yummy snack to share. Prize awarded for Best Costume!

### 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




We have been recertified as a  
Senior Center of EXCELLENCE!!!



# OCTOBER 2016



Mon	Tue	Wed	Thu	Fri
3 10 Journal Now 11 brain games 12 Crocheting 5:30 Variety Dance	4 8:30 Dixie Classic Fair 9:30 Couples Dance \$4 10 Journal Now 11 Judy and Roy 12 Painting Club	5 10 Journal Now 10 Yadtel TV/Games 11 Dots Sing Along 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	6 10 Adult Coloring 10 Journal Now 11 Bingo 12:30 6 Zumba \$4 7:30 Line Dance Adv \$4	7 9 East Blender 10 Journal Now 11 Exercise with Natalie 7 Rook
10 10 Journal Now 11 Mt Valley Hospice 12 Crocheting 5:30 Variety Dance \$4	11 9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz 12 Painting Club 6 Quilters Quild 7 Sassy Seniors \$4	12 10 Journal Now 10 Yadtel TV/Games 11 Blood Pressure checks 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	13 10 Adult Coloring 10 Journal Now 11 Nutrition BINGO 6 Zumba \$4 7:30 Line Dance Adv \$4	14 9 East Blender 9:30 We Honor Veteran 10 Journal Now 11 Exercise with Natalie 7 Rook
17 10 Journal Now 11 George's Band 12 Crocheting 5:30 Variety Dance \$4 HOE DOWN YCSC	18 9:30 Couples Dance \$4 10 Journal Now 11 Corn Hole 12 Painting Club 12:30 Movie Day EBPL 6 Stan Bobbitt Dance \$5 7 Sassy Seniors \$4	19 10 Journal Now 10 Yadtel TV/Games 11 Visitation 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	20 10 Adult Coloring 10 Journal Now 10 flu shots FREE 11 Information Fair 6 Zumba \$4 7:30 Line Dance Adv \$4	21 9 East Blender 10 Journal Now 10:30 Birthday party 11 Exercise with Natalie 7 Rook
24 10 Journal Now 11 Show & Tell 12 Crocheting 5:30 Variety Dance \$4	25 9:30 Couples Dance \$4 10 Journal Now 11 Story Telling EBPL 12 Painting Club 7 Sassy Seniors \$4	26 10 Journal Now 10 Yadtel TV/Games 11 Likes and Dislikes 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	27 10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 6 Zumba \$4 7:30 Line Dance Adv \$4	28 9 East Blender 10 Journal Now 11 Exercise with Natalie 2:30 Senior Fun Day (Yadkinville) 7 Rook
31 Happy Halloween 10 Journal Now 11 Halloween Party 12 Crocheting 5:30 Variety Dance \$4				Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information

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