

# EAST BEND SENIOR COMMUNITY CENTER NEWS

## Important Announcements

### OUR SEPTEMBER CRAFT by the Yadkin Arts Council

Tuesday  
September 8  
12:30 PM  
Free

Call to sign  
up, so we will  
have a head  
count for  
supplies



Get ready for our October Dance with a tie dyed tee shirt

Make your own tie dyed shirt on Oct 16 @ 1:00 pm. You can make a tee shirt whether or not you come to the dance. Just buy your own 100% White Cotton Tee shirt. Kaye Michael will be here to help us get it done right. Senior center will supply all the dyes and other supplies. Just wear your old clothing and bring your tee shirt and several grocery bags.



Movie at the Library will be "The Longest Ride"  
Free popcorn and lemonade

Announcement: The Dance is back in September.  
October will be Disco Themed. Fun Fun Fun!

Don't forget our exercise class on Mondays with Pat Adkins you can sit or stand. 10 AM \$3 per class.

### Adult Coloring

NEW: Adult Coloring is the new craze. It's stress relieving, soothing, and calming.

We will supply the pages and colored pencils and sharpener.  
FREE

Every Thursday after at 10 am



Mark Your Calendar for OCT 3rd We will be having a Health Fair here at the senior center 10AM-2PM sponsored by New Birth Church in East Bend. More details in next months newsletter.

**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.**

# September 2015

Mon	Tue	Wed	Thu	Fri
<p>DONT FORGET TO ORDER YOUR BISCUITS ON THURSDAY FOR FRIDAY MORNINGS. Tenderloin &amp; Ham is \$2.70 Sausage &amp; Bacon is \$2.15 Egg is .50 more.</p>	<p>1 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Ray &amp; Judy 12 Painting Club 7 Sassy Seniors</p>	<p>2 10 Journal Now 10 Pickleball @ YVSC 11 Dot's Music 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>3 10 Journal Now 10 Adult Coloring 11 BINGO 5:45 ZUMBA \$ 7 Line Dance Adv\$4</p>	<p>4 9 East Blenders 10 Journal Now 11 Move &amp; Groove 7 Rook</p>
<p>7 Closed</p> 	<p>8 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz (Scams) 12 Painting Club 6:30 Quilters Quil 7 Sassy Seniors</p>	<p>9 10 Journal Now 10 Pickleball @ YVSC 11 Blood pressures checks 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>10 10 Journal Now 10 Adult Coloting 11 Nutritional Bingo 1 Home Extension Club 5:45 ZUMBA \$ 7 Ruritans 7 Line Dance Adv\$4</p>	<p>11 9 East Blenders 9:30 Operation Home Front w/Mt Valley hospice 10 Journal Now 11 Visitation 7 Rook</p>
<p>14 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>15 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal No 11 Smoky Mtn. Behavioral health Ed, Program 12:30 Craft Class 5 Dance with Stan Bobbitt 7 Sassy Seniors</p>	<p>16 10 Journal Now 10 Pickleball @ YVSC 11 Domestic Violence Ed. 12:30 .25 cent Bingo 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>17 10 Journal Now 10 Adult Coloring 11 Bingo 5:45 ZUMBA \$ 7:30 Line Dance Adv\$4</p>	<p>18 9 East Blenders 10 Journal Now 11 Educational Program with Home Instead 7 Rook</p>
<p>21 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>22 9 Young @ Heart chorus 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</p>	<p>23 10 Journal Now 10 Pickleball @ YVSC 11 Visitation 12:30 .25 cent Bingo 1 Sr Bowling Mt Airy \$1.50 per game</p>	<p>24 10 Journal Now 10 Adult Coloring 11 Nutritional Bingo 5:45 ZUMBA \$ 7 Line Dance Adv\$4 is</p>	<p>25 9 East Blenders 10 Journal Now 11 Show and Tell 7 Rook</p>
<p>28 10 Journal Now 10 Sittersize \$3 11 Likes and Dislikes 12 Crocheting 4 Clogging \$20 per mth 5:30 Variety Dance \$4</p>	<p>29 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Show and Tell 12 Painting Club 7 Sassy Seniors</p>	<p>30 10 Journal Now 10 Pickleball @ YVSC 11 Move and Groove 12:30 .25 cent Bingo 1 Sr Bowling Mt Airy \$1.50 per game</p>		



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

