



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

APRIL 2018

Important Announcements

NEW: 2nd Wednesday at 10:30 a.m. - BINGO hosted by Erica Rhodes from CIGNA Health Spring. They will supply BINGO gifts and calling bingo. Free for everyone.

Every Friday at 10 a.m. - My Journal: Share your "Life's Journey". Write your journal with funny stories and memories you want to share with family and/or friends. We will provide notebooks. See Rhonda for your book.

April 17th at 10:30 a.m. - Do you have questions about Social Security? A guest from Social Security, who has recently retired will be here to answer any questions you may have. Tell your friends or anyone that will benefit from this information.

New: April 20th - Pickleball Demo at 10 a.m. Come see what all the HYPE is about.

April 20th - Exercise with Natalie Williams

April 20th at 11:30 a.m. - POT LUCK Luncheon (pinto beans) Bring your favorite side to share.

April 27th - No exercise class will be held

April 21st - 1st Annual Classic Car Show & Live Band

12:00 pm to 5:00 pm

Location: 533 N. Carolina Ave. Hwy 601N ▪ Boonville, NC

\$5 admission or free admission with the purchase of a \$10 raffle ticket

Entertainment by: "too MUCH SyLvIA "

RAFFLE ▪ PRIZES ▪ MUSIC ▪ FOOD TRUCKS

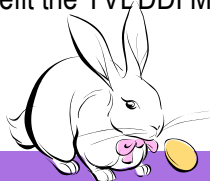
Bring a lawn chair (no coolers allowed)

A fundraiser event to support the programs of YVEDDI

Raffles:

60/40 Fundraiser Raffle: Tickets \$2 each or 3 for \$5. 60% of money will go to the Yadkin County Senior Centers and 40% will go to the winning ticket. Drawing will be held on April 25th.

\$500 Gift Certificate from Foothills Meat Center. Tickets \$2 each Drawing: June 28th, 2018 Proceeds benefit the YVEDDI Meals on Wheels Program



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



APRIL 2018

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>9:30 Couples Dance \$410</p> <p>10 Journal Now</p> <p>11 Visitation/Fellowship</p> <p>12 Crocheting</p> <p>5:30 Variety Dance \$4</p>	<p>3</p> <p>10 Journal Now</p> <p>11 Judy and Roy</p> <p>12 Painting Club</p> <p>6 Zumba 1 \$4 60+ \$3</p> <p>7 Sassy Seniors</p>	<p>4</p> <p>10 Journal Now</p> <p>11 Dots Music</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>5</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Bingo</p> <p>6 Zumba 2 \$4</p> <p>7:30 Line Dance Adv \$4</p>	<p>6</p> <p>10 Journal Now</p> <p>10 My Journal</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>9</p> <p>9:30 Couples Dance \$410</p> <p>10 Journal Now</p> <p>11 Mt Valley hospice</p> <p>12 Crocheting</p> <p>5:30 Variety Dance \$4</p>	<p>10</p> <p>10 Journal Now</p> <p>10 Craft Class with Polka Dots</p> <p>11 Deputy Diaz (Sheriff Oliver)</p> <p>12 Painting Club</p> <p>6 Zumba 1 \$4 60+ \$3</p> <p>7 Sassy Seniors</p>	<p>11</p> <p>10 Journal Now</p> <p>10:30 BINGO Erica Rhodes from CIGNA Health Spring</p> <p>11 Dots Music</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>12</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Nutrition Bingo</p> <p>6 Zumba 2 \$4 60+ \$3</p> <p>7:30 Line Dance Adv \$4</p>	<p>13</p> <p>10 Journal Now</p> <p>10 My Journal</p> <p>10:30 Blood pressure <input checked="" type="checkbox"/></p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>16</p> <p>9:30 Couples Dance \$410</p> <p>10 Journal Now</p> <p>11 Georges Band</p> <p>12 Crocheting</p> <p>5:30 Variety Dance \$4</p>	<p>17</p> <p>Journal Now</p> <p>10:30 Social Security Q & A</p> <p>12 Painting Club</p> <p>6 Quilters Guild</p> <p>7 Sassy Seniors</p>	<p>18</p> <p>10 Journal Now</p> <p>11 Sassy Senior dance</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>19</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Bingo</p> <p>6 Zumba 2 \$4 60+ \$3</p> <p>7:30 Line Dance Adv \$4</p>	<p>20</p> <p>10 Journal Now</p> <p>10 My Journal</p> <p>10 Pickleball Demo</p> <p>11 Exercise with Natalie</p> <p>11:30 Pot Luck (Pinto Bean)</p> <p>7 Rook</p>
<p>23</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Corn Hole</p> <p>12 Crocheting</p> <p>5:30 Variety Dance \$4</p>	<p>24</p> <p>10 Journal Now</p> <p>11 Story Telling w/ Susan</p> <p>12 Painting Club</p> <p>6 Zumba 1 \$4 60+ \$3</p> <p>7 Sassy Seniors</p>	<p>25</p> <p>10 Journal Now</p> <p>11 Show and Tell</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>26</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Nutrition Bingo</p> <p>6 Zumba 2 \$4 60+ \$3</p> <p>7:30 Line Dance Adv \$4</p>	<p>27</p> <p>10 Journal Now</p> <p>10 My Journal</p> <p>11 Exercise cancelled today</p> <p>7 Rook</p>
<p>30</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Likes and Dislikes</p> <p>12 Crocheting</p> <p>5:30 Variety Dance \$4</p>				<p>Lunch is served daily at 11:30 am for ages 60 & older.</p> <p>You must be registered.</p> <p>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