



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 2018

Important Announcements



March 16 at 11:00 a.m. - St Patrick's Day Celebration

Wear something green and bring something green to sample like pickles, limes, kiwi, etc.

March 20th - DAY TRIP

Shopping in downtown Mount Airy, and lunch at Snappy's, then off to see a movie, "I Can Only Imagine"

\$10 per person includes movie and transportation. Food and shopping on your own.

Departing the senior center at 8 AM and returning after matinee movie.

March 22nd - Pot Luck at 11:30 a.m. "Walking Taco's"

March 29th at 11:00 a.m. - Easter Celebration with Games and Egg Hunt

Bring your favorite snack to share

NEW:

2nd Wednesday BINGO Erica Rhodes from CIGNA Health Spring will be supplying bingo gifts and calling bingo Starts at 10:30 a.m. Free for everyone.

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 meet on Fridays at 10 a.m. We will provide notebooks. See Rhonda for your book.

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

REMINDER:

March 11th Daylight Saving Time Begins

March 30th Closed for Good Friday Holiday

Senior Games Registration begins March 1 and will be open until March 31.

\$10 registration fee includes lunch at each event, goodie bag, and tee shirt. Silver Arts & Follies Show will be June 7th. Opening Ceremonies will be April 27th. Get your registration form at the senior 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



MARCH 2018

Mon	Tue	Wed	Thu	Fri
<p>Lunch is served daily at 11:30 am for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.</p>			<p>1 10 Adult Coloring 10 Journal Now 11 Bingo 6 Zumba 2 \$4 7:30 Line Dance Adv \$4</p>	<p>2 10 Journal Now 10 My Journal 11 Exercise with Natalie 7 Rook</p>
<p>5 9:30 Couples Dance \$410 10 Journal Now 11 Parkwood Place Edu 12 Crocheting 5:30 Variety Dance \$4</p>	<p>6 10 Journal Now 11 Judy and Roy 12 Painting Club 6 Zumba 1 \$4 60+ \$3 7 Sassy Seniors</p>	<p>7 10 Journal Now 11 Dots Music 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>8 10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4</p>	<p>9 10 Journal Now 10 My Journal 11 Exercise with Natalie 7 Rook</p>
<p>12 9:30 Couples Dance \$410 10 Journal Now 11 MT Valley Hospice (falls prevention trivia) 12 Crocheting 5:30 Variety Dance \$4</p>	<p>13 Journal Now 11 Deputy Diaz 12 Painting Club 6 Quilters Guild 7 Sassy Seniors</p>	<p>14 10 Journal Now 11 Bingo with Erica 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>15 10 Adult Coloring 10 Journal Now 11 Bingo 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4</p>	<p>16 10 Journal Now 10 My Journal 11 Exercise with Natalie 11: St Patty's Day 7 Rook</p>
<p>19 9:30 Couples Dance \$4 10 Journal Now 11 Georges Band 12 Crocheting 5:30 Variety Dance \$4</p>	<p>20 DAY TRIP 10 Journal Now 10 Polka Dots Crafts 11 Polka Dots Continued 12 Painting Club 6 Zumba 1 \$4 60+ \$3 7 Sassy Seniors</p>	<p>21 10 Journal Now 11 Sassy Seniors 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>22 10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 11:30 Walking Taco's 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4</p>	<p>23 10 Journal Now 10 My Journal 11 Exercise with Natalie 7 Rook</p>
<p>26 9:30 Couples Dance \$4 10 Journal Now 11 Corn Hole 12 Crocheting 5:30 Variety Dance \$4</p>	<p>27 10 Journal Now 11 Story Telling w/ Susan 11:30 Pot Luck Luncheon 12 Painting Club 7 Sassy Seniors 6 Zumba 1 \$4 60+ \$3</p>	<p>28 10 Journal Now 11 Likes and Dislikes 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>29 10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 11 Easter Party 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4</p>	<p>30 CLOSED Good Friday</p>



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