



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

JUNE 2018

## Important Announcements



**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.

**June 7th Silver Arts Follies and Art Show** Art display will start at noon. Performing Arts will start at 3 p.m. at the Yadkin Cultural Arts Center in Yadkinville.

**June 12th Polka Dots** at 10AM Sign up by the 8th if you plan to be here to make a craft.

**June 13th & 27th BINGO with Humana** at 11 a.m. Free gifts provided by Humana.

### Raffle:

**\$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

## Experience the Arts at the Hiddenite Arts & Heritage Center

316 Hiddenite Church Rd • Hiddenite, NC 28636

*Housed in the historic Lucas Mansion, the Hiddenite Arts and Heritage Center features a turn of the 20th century history museum, monthly art gallery exhibits, collections of gems and minerals, an extensive collection of antique dolls & toys, and Alexander County Visitor Center information.*

Tuesday

## JUNE 19

Depart at 8:00 AM

**Cost:**

\$5 per person  
\$15 for non-participants of the YVEDDI Congregate Nutrition Program

**Call (336) 699-5100  
to register.**

East Bend Senior Center  
473 E. Main Street  
East Bend, NC 27018

**STOPS**

- Breakfast at Bo jangles
- Hiddenite Arts & Heritage Center
- Lunch at the Yellow Deli
- Emerald Hollow-Gem mining buckets start at \$10 and up
- Stop on the way back at the Amish Store in Hamptonville.

*Price covers admittance to the museum and transportation only. Food, Shopping and Gem Mining on your own.*

## 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](http://www.yadkincountyunitedfund.org)

# JUNE 2018



Mon	Tue	Wed	Thu	Fri
	Lunch is served daily at 11:30 am for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.			1 10 Journal Now 10 My Journal 11 Exercise with Natalie 7 Rook
4 9:30 Couples Dance \$4 10 Journal Now 11 Brain Games 12 Crocheting 5:30 Variety Dance \$4	5 10 Journal Now 11 Judy @ Roy 6 Zumba 1 \$4 60+ \$3 7 Sassy Seniors	6 10 Journal Now 11 Dots Music 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	7 <b>SILVER FOLLIES @ YAC</b> 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4	8 10 Journal Now 10 My Journal <b>10:30 Blood pressure</b> <input checked="" type="checkbox"/> 11 Exercise with Natalie 7 Rook
11 9:30 Couples Dance \$4 10 Journal Now <b>11 Georges Band</b> 12 Crocheting 5:30 Variety Dance \$4	12 10 Journal Now 10 Polka Dots Crafts 11 <b>Deputy Diaz</b> 6 Zumba 1 \$4 60+ \$3 7 Sassy Seniors	13 10 Journal Now <b>11 Humana Bingo</b> 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	14 10 Pickle Ball/Corn Hole 10 Journal Now 11 Bingo 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4	15 <b>10 Journal Now</b> <b>10 My Journal</b> <b>11 Exercise with Natalie</b> <b>7 Rook</b>
18 9:30 Couples Dance \$4 10 Journal Now 11 Band 12 Crocheting 5:30 Variety Dance \$4	19 <b>Day Tip Hiddenite</b> 10 Journal Now 11 Share a Joke 6 Zumba 1 \$4 60+ \$3 7 Sassy Seniors	20 10 Journal Now <b>11 Sassy Senior Dance</b> 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	21 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4	22 10 Journal Now 10 My Journal 11 Exercise with Natalie 7 Rook
25 9:30 Couples Dance \$4 10 Journal Now 11 Visitation 12 Crocheting 5:30 Variety Dance \$4	26 10 Journal Now 11 Likes and Dislikes 6 Zumba 1 \$4 60+ \$3 7 Sassy Seniors	27 10 Journal Now <b>11 Humana Bingo</b> 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	28 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4	29 10 Journal Now 10 My Journal 11 Exercise with Natalie 7 Rook



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