



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

AUGUST 2018



## Important Announcements

Every 3rd Tuesday at 6:00 p.m. "Tuesday Night Supper and BINGO"

Don't forget your quarters! Guests are asked to bring a dish of food to share with friends, such as a casserole or dessert. Senior Center will supply paper products and drinks.

**October 16,17, and 18, 2018 Ark Encounter and Creation Museum- 2 nights/3 day trip**

Double Adult Rate: \$372.00 / Double Senior Rate: \$362.00

Triple Adult Rate: \$320.00 / Triple Senior: \$310.00

Quad Adult Rate: \$294.00 / Quad Senior: \$284.00

▪ \*Price per person

\$50 deposit due by August 6th and full payment 30 days prior to departure.

See any Yadkin County Senior Center Manager for more details and to reserve your seat.

- Includes motor coach transportation
- 2 nights lodging
- Two (2) complimentary breakfast
- Entrance into the museum and Ark

Food and shopping are on your own. On our way back on the 18th we will stop at Hill Billy Hot Dog which is Famous in the area. (It was featured on Guy Fieri's Food Drive Inns and Dives.) Hillbilly Hot Dogs serves gourmet hot dogs, burgers, salads and more with quirky, down-home charm.

**August 14th at 5 PM - Single's Mingle** will be held at the Yadkin County Senior Center. YOU MUST SIGN UP BY FRIDAY August 10th. For all single people, widows & widowers. Free!

**August 15th at 12:00 - BINGO BASH** Back to School/End of Summer BINGO Bring your family by for some ice cream, corn dogs and chips. Bring your quarters!!!

**August 28 at 9:45 AM - Crafts with Polka Dots** Register for this free make and take craft class by Friday the 24th.

Humana Bingo will be held August 8th, 22nd, & 29th. Free! Starts at 11 AM

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



# AUGUST 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 11 Humana Bingo 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	2 10 Pickle Ball/Corn Hole 10 Journal Now 11 Bingo 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4	3 10 Journal Now 10 My Journal 11 Exercise with Natalie 7 Rook	
	6 9:30 Couples Dance \$4 10 Journal Now 11 Brain Games 12 Crocheting 5:30 Variety Dance \$4	7 10 Journal Now <b>11 Judy and Roy</b> 6 Zumba 1 \$4 60+ \$3 7 Sassy Seniors	8 10 Journal Now 11 Humana Bingo 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	9 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4	10 10 Journal Now 10 My Journal <b>10:30 Blood pressure</b> <input checked="" type="checkbox"/> 11 Exercise with Natalie 7 Rook
	13 9:30 Couples Dance \$4 10 Journal Now 11 Likes and Dislikes 12 Crocheting 5:30 Variety Dance \$4	14 10 Journal Now 11 Deputy Diaz Edu. 6 Zumba 1 \$4 60+ \$3 <u><b>5 Single Mingle @ YCSC</b></u> <u><b>must sign up ahead of time</b></u> 7 Sassy Seniors	15 10 Journal Now 11 Sassy Seniors 12 End of summer BASH 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	16 10 Pickle Ball/Corn Hole 10 Journal Now 11 Bingo 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4	17 10 Journal Now 10 My Journal 11 Exercise with Natalie 7 Rook
	20 9:30 Couples Dance \$4 10 Journal Now 11 Georges Band 12 Crocheting 5:30 Variety Dance \$4	21 10 Journal Now 11 Patriot Asst. living Edu. 6 Zumba 1 \$4 60+ \$3 <b>6 Covered dish Supper &amp; Quarter Bingo</b> 7 Sassy Seniors	22 10 Journal Now 11 Humana Bingo 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	23 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4	24 10 Journal Now 10 My Journal 11 Exercise with Natalie 7 Rook
	27 9:30 Couples Dance \$4 10 Journal Now 11 Parkwood Place Edu 12 Crocheting 5:30 Variety Dance \$4	28 10 Journal Now 10 Polka Dots 6 Zumba 1 \$4 60+ \$3 7 Sassy Seniors	29 10 Journal Now 11 Humana Bingo 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	30 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4	31 10 Journal Now 10 My Journal 11 Exercise with Natalie 7 Rook

**Mission Statement:** To improve and maintain independent wellness for the senior community through advocacy, nutrition, volunteerism and vigorous programming to promote healthy minds, bodies and spirits.