



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

JULY 2018

Important Announcements

Happy 4th of July!

July 4th– Closed

July 10th at 10 AM. Polka Dots Crafts (pre-register required)

NEW : Starting July 17th

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.

July 11th and 18th at 11:00 AM Humana Bingo ▪ Free for age 60+ ▪ Prizes

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.

July 28th 5:30 –8:30 pm Singles Night Dinner & Dance

(Location: *Yadkin Valley Senior Center*)

Includes dinner (Barbeque, slaw and baked beans) and entertainment by “Blue Grace”. Singles only, no married couples please. Our goal is to combat loneliness in the lives our single seniors. Free to seniors. Please contact Rhonda to RSVP.

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.



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



JULY 2018

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Old Recipes</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>6 Zumba 1 \$4 60+ \$3</p> <p>7 Sassy Seniors</p>	<p>4</p> <p>CLOSED</p> <p>Independence Day</p>	<p>5</p> <p>10 Pickle Ball/Corn Hole</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>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 \$4</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 Polka Dots</p> <p>11 Deputy Diaz</p> <p>6 Zumba 1 \$4 60+ \$3</p> <p>7 Sassy Seniors</p>	<p>11</p> <p>10 Journal Now</p> <p>11 Humana Bingo</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 Pickle Ball/Corn Hole</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 \$4</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>10 Journal Now</p> <p>11 Brain Games</p> <p><u>6 Covered dish Supper and Bingo</u></p>	<p>18</p> <p>10 Journal Now</p> <p>11 Humana Bingo</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 Pickle Ball/Corn Hole</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>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>23</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Visitation</p> <p>12 Crocheting</p> <p>5:30 Variety Dance \$4</p>	<p>24</p> <p>10 Journal Now</p> <p>11 Share a Joke</p> <p>6 Zumba 1 \$4 60+ \$3</p> <p>7 Sassy Seniors</p>	<p>25</p> <p>10 Journal Now</p> <p>11 Games</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 Pickle Ball/Corn Hole</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 with Natalie</p> <p>7 Rook</p>
<p>30</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Show and Tell</p> <p>12 Crocheting</p> <p>5:30 Variety Dance \$4</p>	<p>31</p> <p>10 Journal Now</p> <p>11 Likes and Dislikes</p> <p>6 Zumba 1 \$4 60+ \$3</p> <p>7 Sassy Seniors</p>		 <p>YVEDDI YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.</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."