



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2018



Important Announcements

HOLIDAY Closed: Labor Day, September 3rd

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. The Senior Center will supply paper products and drinks.

Exercise with Natalie has been cancelled for Sept. 21st and 28th. Classes will resume in October.

September 11th at 5 PM - Single's Mingle Dinner & Dance will be held at the East Bend Senior Center. Dinner includes: spaghetti, salad, roll, and peach cobbler & ice cream.

Entertainment provided by the Centennial Squares.

YOU MUST SIGN UP BY Friday, September 7th.

For all single people, widows & widowers. Free!

New!!!

Stitches and Rockers; Bring your needle, thread, buttons, crochet, yarn, knitting needles, embroidery, or what ever you need to put your fingers to work. This will be on Monday's at 12:15 p.m. and finish when you want or until 4:30 p.m. Come learn something new or share with others what you know. Friends and Fellowship comes FREE.

ZILCH - Every Thursday at 12:15 p.m. It's a dice game everyone will love to play. Come check it out!

Fun & Fellowship - Every Thursday at 12:15 p.m. We can do needle work, play cards, play games, or just sit and talk. It's up to you!!!

Save the Dates: (more information will follow)

October 11: Information Fair @ Boonville YVEDDI office. 1 p.m. to 3:30 p.m.

October 18: Day Trip to Fruit Cake Factory & Hamrick's in Greensboro

October 19: Senior Fun Day at Yadkinville United Methodist Church.

October 30: Single Mingle @ Jonesville Senior Center (Costume Party)

October 31: Halloween Quarter BINGO.

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



SEPTEMBER 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. | | | |
| 3 CLOSED Labor Day | 4 10 Journal Now 11 Judy and Roy 12:15 Fun & Fellowship 6 Zumba 1 \$4 60+ \$3 7 Sassy Seniors | 5 10 Journal Now 11 Dots Music 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game | 6 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 12:15 Zilch 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4 | 7 10 Journal Now 10:30 Blood pressure 11 Exercise with Natalie 7 Rook |
| 10 9:30 Couples Dance \$4 10 Journal Now 11 Visitation 12:15 Stitches & Rockers 5:30 Variety Dance \$4 | 11 10 Journal Now 11 Deputy Diaz 12:15 Fun & Fellowship 5 Single Mingle @ EB | 12 10 Journal Now 11 PUPPETT SHOW 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game | 13 10 Pickle Ball/Corn Hole 10 Journal Now 11 Bingo 12:15 Zilch 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4 | 14 10 Journal Now 10 My Journal 11 Exercise with Natalie 7 Rook |
| 17 9:30 Couples Dance \$4 10 Journal Now 11 Georges Band 12:15 Stitches & Rockers 5:30 Variety Dance \$4 | 18 10 Journal Now 11 Humana Bingo 12:15 Fun & Fellowship 6 Covered dish Supper & Quarter Bingo | 19 10 Journal Now 11 Sassy Seniors 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game | 20 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 12:15 Zilch 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4 | 21 10 Journal Now 11 Exercise with Natalie Cancelled 7 Rook |
| 24 9:30 Couples Dance \$4 10 Journal Now 11 Humana Bingo 12:15 Stitches & Rockers 5:30 Variety Dance \$4 | 25 10 Journal Now 10 Polka Dots 11 Crafts continued 12:15 Fun & Fellowship 6 Zumba 1 \$4 60+ \$3 7 Sassy Seniors | 26 10 Journal Now 11 Likes and Dislikes 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game | 27 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 12:15 Zilch 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4 | 28 10 Journal Now 11 Exercise with Natalie Cancelled 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.