



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 2018



## Important Announcements

### Happy Halloween!!!

**NEW This Month 2nd Friday (Oct 12) 9 a.m. Breakfast:** biscuits and gravy will be provided. You bring the fixings.

**NEW 2nd Friday Night Pickleball starts at 6:30 p.m.** If you don't know how to play we will learn together. **WARNING!!!** people say its addictive.

**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.

### October 11th 1 p.m. to 3:30 p.m.: Information Fair

Flu Shots by Yadkin Valley Pharmacy starting at 12:30 p.m.

(please bring your insurance card)

Information on Medicare and Part D, SHIP, PTRC, Ombudsman, Advocacy, Healthy Living, Alzheimer's, Nursing Home & In-Home Aide, Veterans Affairs, Senior Services - SNAP, AARP, Weatherization Program, Meals-on-Wheels, Legal Services, and Transportation Services will be available.

Transportation will be available from your Senior Center.

Location: YVEDDI District Office ▪ 533 N. Carolina Ave. Hwy. 601N ▪ Boonville, NC

### October 18th: (depart at 8:00 a.m.) Day Trip to Fruit Cake Factory & Hamrick's

Must register by October 5th. Lunch and shopping on your own.

\$15 for non congregate clients

### October 19th from 1:30 pm to 3:30 pm - Senior Fun Day at the United Methodist Church in Yadkinville. Bingo, Snacks, & Fun guaranteed

### October 30th at 5 p.m.: Single's Mingle Costume Party Dinner & Dance will be held at the Yadkin Valley Senior Center.

Dinner includes: Chicken Stew and Chili Beans

Entertainment provided by: Your Wonderful Senior Center Managers.

You must sign up and pay by October 23rd

For all single people, widows & widowers. \$5.00 per person

### October 31st starting at 10:30 a.m.: Halloween Party bring snacks and candy to share. 12:30 p.m. Quarter BINGO.



### Information for Services, Referrals & Assistance

#### Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- Legal Services
- General and Medical Transportation
- Home Repair/Modification
- Medicare Parts A, B and D
- Congregate Meals/Home Delivered Meals
- Disaster Preparedness
- Report Suspected Abuse, Neglect or Exploitation
- Senior Games
- Telephone Reassurance
- Job Training/Placement
- Durable Equipment/Assistive Devices

#### Services Offered Through Information, Referral and Assistance:

- Housing Assistance
- Reverse Mortgage Counseling
- Home Health Services/In-home Aide Services
- Medicaid Benefits
- Social Security Benefits
- Long-term Care Facilities
- Rehabilitation Services
- Respite
- Energy Assistance
- Food Distribution
- Adult Day Care
- Mental Health
- Hospice Care

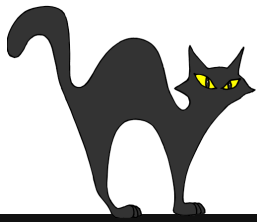
## How You Can Give...

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)





# OCTOBER 2018

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Visitation</p> <p>12:15 Stitches &amp; Rockers</p> <p>5:30 Variety Dance \$4</p>	<p>2</p> <p>10 Journal Now</p> <p><b>11 Judy &amp; Roy</b></p> <p>12:15 Fun &amp; Fellowship</p> <p>6 Zumba 1 \$4 60+ \$3</p> <p>7 Sassy Seniors</p>	<p>3</p> <p>10 Journal Now</p> <p><b>11 Dots Music</b></p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>4</p> <p>10 Pickle Ball/Corn Hole</p> <p>10 Journal Now</p> <p>11 Nutrition Bingo</p> <p>12:15 Zilch</p> <p>6 Zumba 2 \$4 60+ \$3</p> <p>7:30 Line Dance Adv \$4</p>	<p>5</p> <p>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>8</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p><b>11 Alzheimer's Edu</b></p> <p>12:15 Stitches &amp; Rockers</p> <p>5:30 Variety Dance \$4</p>	<p>9</p> <p>10 Journal Now</p> <p><b>11 Deputy Diaz</b></p> <p>12:15 Fun &amp; Fellowship</p> <p>6 Zumba 1 \$4 60+ \$3</p> <p>7 Sassy Seniors</p>	<p>10</p> <p>10 Journal Now</p> <p><b>11 Brain Teasers</b></p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>11</p> <p>10 Pickle Ball/Corn Hole</p> <p>10 Journal Now</p> <p>11 Nutrition Bingo</p> <p>12:15 Zilch</p> <p><b>1 Information Fair</b></p> <p>6 Zumba 2 \$4 60+ \$3</p> <p>7:30 Line Dance Adv \$4</p>	<p>12</p> <p><b>9 Breakfast</b></p> <p>10 Journal Now</p> <p><b>10:30 Blood pressure</b></p> <p>11 Exercise with Natalie</p> <p>6:30 Pickleball</p> <p>7 Rook</p>
<p>15</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p><b>11 Georges Band</b></p> <p>12:15 Stitches &amp; Rockers</p> <p>5:30 Variety Dance \$4</p>	<p>16</p> <p>10 Journal Now</p> <p><b>11 Recipe Sharing</b></p> <p>12:15 Fun &amp; Fellowship</p> <p><b>6 Supper and BINGO"</b></p>	<p>17</p> <p>10 Journal Now</p> <p><b>11 Sassy Seniors</b></p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>18</p> <p><b>DAY TRIP</b></p> <p>10 Pickle Ball/Corn Hole</p> <p>10 Journal Now</p> <p>11 Bingo</p> <p>12:15 Zilch</p> <p>6 Zumba 2 \$4 60+ \$3</p> <p>7:30 Line Dance Adv \$4</p>	<p>19</p> <p><b>Senior Fun Day</b></p> <p>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>22</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p><b>11 Willowbrook Edu</b></p> <p>12:15 Stitches &amp; Rockers</p> <p>5:30 Variety Dance \$4</p>	<p>23</p> <p>10 Journal Now</p> <p><b>10 Polka Dots</b></p> <p>12:15 Fun &amp; Fellowship</p> <p><b>6 Covered dish Supper &amp; Quarter Bingo</b></p>	<p>24</p> <p>10 Journal Now</p> <p><b>11 Likes and Dislikes</b></p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>24</p> <p>10 Pickle Ball/Corn Hole</p> <p>10 Journal Now</p> <p>11 Nutrition Bingo</p> <p>12:15 Zilch</p> <p>6 Zumba 2 \$4 60+ \$3</p> <p>7:30 Line Dance Adv \$4</p>	<p>25</p> <p>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>29</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p><b>11 Brain Games</b></p> <p>12:15 Stitches &amp; Rockers</p> <p>5:30 Variety Dance \$4</p>	<p>30</p> <p>10 Journal Now</p> <p>11 Share a Joke</p> <p>12:15 Fun &amp; Fellowship</p> <p><b>5 Single Mingle</b></p> <p>6 Zumba 1 \$4 60+ \$3</p> <p>7 Sassy Seniors</p>	<p>31</p> <p>10 Journal Now</p> <p><b>11 Halloween Party</b></p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>Lunch is served daily at 11:30 am for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more information.</p>	

**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.