



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 2018



Important Announcements

2nd Friday at 9 a.m. (November) - **Breakfast:** biscuits and gravy will be provided. Guests are asked to bring a side dish of food to share with friends.

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 it's 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.

November 8th and 15th, SHIIP Jeanie Schepisi will be here for one-on-one help with your Medicare supplement needs. Call (336) 699-5100 for an appointment.

NOVEMBER 20th at 10:30 a.m. - Mr. Joe King, CSA Medicare Specialist Advisor.

NOVEMBER 15th at 11:30 a.m. - "Thankful for our Volunteers" SOUP LUNCHEON VOLUNTEERS are welcome to join us for lunch! **FREE!**

Menu: Vegetable beef soup, potato soup, chicken stew, and peach cobbler and ice cream

November 27 at 5 p.m. - Single's Mingle Dinner & Dance for all single people, widows & widowers. **FREE** thanks to our sponsors AARP and Mark Hensley. Must register by November 20th. It will be at the Yadkin County Senior Center in Yadkinville No Single Mingle Dance will be held in December due to our Annual Christmas Party. The Single Mingle Dance will be resume in January 2019.

December 11th - Holly Jolly Christmas Party \$10 per person. Tickets will go on sale November 12th. More details in the next newsletter.

We will be closed the following days:

November 6th Voting

November 12th Veterans Day

November 22 & 23 Thanksgiving Holiday

December 24th through January 2nd Christmas and New Years Holiday

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



NOVEMBER 2018

Mon	Tue	Wed	Thu	Fri
	Lunch is served daily at 11:30 a.m. for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.		1 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	2 10 Journal Now 11 Exercise with Natalie 7 Rook
5 9:30 Couples Dance \$4 10 Journal Now 11 President trivia 12:15 Stitches & Rockers 5:30 Variety Dance \$4	6 CLOSED 	7 10 Journal Now 11 Dots Music 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	8 SHIIP Appointment needed 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	9 9 Breakfast 10 Journal Now 10:30 Blood pressure 11 Exercise with Natalie 6:30 Pickleball 7 Rook
12 CLOSED	13 10 Journal Now 11 Deputy Diaz 12:15 Fun & Fellowship	14 10 Journal Now 11 Brain Games 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	15 SHIIP Appointment needed 10 Pickle Ball/Corn Hole 10 Journal Now 11 Bingo 11:30 Thankful Soup Day 12:15 Zilch 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4	16 10 Journal Now 11 Exercise with Natalie 7 Rook
19 9:30 Couples Dance \$4 10 Journal Now 11 Georges Band 12:15 Stitches & Rockers 5:30 Variety Dance \$4	20 10 Journal Now 10:30 Joe King CSA, Medicare 12:15 Fun & Fellowship 6 Covered dish Supper & Quarter Bingo 6 Supper and BINGO"	21 10 Journal Now 11 Sassy Seniors 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	22 CLOSED	23 CLOSED
26 9:30 Couples Dance \$4 10 Journal Now 11 Debbie Sheek Edu 12:15 Stitches & Rockers 5:30 Variety Dance \$4	27 10 Journal Now 10 Craft Day Polka Dots 11 Likes and dislikes 12:15 Fun & Fellowship 5 Single Mingle (Yadkinville) 6 Zumba 1 \$4 60+ \$3 7 Sassy Seniors	28 10 Journal Now 11 Visitation 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	29 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	30 10 Journal Now 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.