



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

December 2018



Important Announcements

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.

December 11th - Holly Jolly Christmas Party at 5:00 PM

Get your Ticket NOW!!!

Location: Yadkinville Senior Center.

\$10 per person

Entertainment by the Dennis Tolbert Band

Catered meal of turkey, dressing, mashed potatoes and gravy, baked beans, coleslaw, roll and dessert. No take outs!

Lots of Door Prizes (must be present to win)

Must have ticket to enter

Free Transportation Provided from the East Bend Senior Center

December 21st Senior Center Christmas Party at 10:30 AM

Bring a \$5 gift for Dirty Santa and snacks if you would like to participate.

Fun and Games will be supplied.

We will be closed the following days:

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

Merry Christmas and Happy New Year from all of us at YVEDDI



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



DECEMBER 2018

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Crazy Sock Day 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>4</p> <p>10 Journal Now 11 Judy & Roy 12:15 Fun & Fellowship</p>	<p>5</p> <p>10 Journal Now 11 Dots Music 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>6</p> <p>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</p>	<p>7</p> <p>10 Journal Now 10:30 Blood pressure 11 Exercise with Natalie 7 Rook</p>
<p>10</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Christmas Crossword 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>11</p> <p>10 Journal Now 11 Story telling Christmas Gifts 12:15 Fun & Fellowship 5:00 pm Holly Jolly Christmas Party</p>	<p>12</p> <p>10 Journal Now 11 Build a Gingerbread House Day 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>13</p> <p>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</p>	<p>14</p> <p>9 Breakfast 10 Journal Now 11 Exercise with Natalie Canceled 6:30 Pickleball 7 Rook</p>
<p>17</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Georges Band 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>18</p> <p>10 Journal Now 11 Likes and dislikes 12:15 Fun & Fellowship 6 Tuesday Night Supper & BINGO</p>	<p>19</p> <p>10 Journal Now 11 Sassy Seniors 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>20</p> <p>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</p>	<p>21</p> <p>10 Journal Now 10:30 Christmas Party (See front page) 11 Exercise with Natalie 7 Rook</p>
<p>24</p> <p>CLOSED</p>	<p>25</p> <p>CLOSED</p>	<p>26</p> <p>CLOSED</p>	<p>27</p> <p>CLOSED</p>	<p>28</p> <p>CLOSED</p>
<p>31</p> <p>CLOSED</p>				<p>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.</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.