



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 2019



Important Announcements

Thank You to Marvin's Garage Doors of East Bend for sponsoring our January Senior Mingle.



REVISED DATE: 2nd TUESDAY Night - Pickleball starts at 6:00 p.m. If you don't know how to play we will learn together. We will continue to play at the senior center until another larger space becomes available.

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.

Inclement Weather Policy: The East Bend Senior Center Closings will be posted on WXII and Fox 8. Look for YVEDDI Senior Services. We usually close with Yadkin County Schools are but there are some exceptions. Please be informed before heading out.

February 21 @ 5:00 p.m. Annual Valentines Dance/Senior Mingle

Location: East Bend Senior Center \$10 per person! Dinner includes country style steak and gravy, green beans, mashed potatoes and bread.

Entertainment by everyone's favorite, Stan Bobbitt and Jeannamarie. Door Prizes! You **MUST** purchase your ticket by Feb.19th for this event . Please see your senior center manager.

VITA Tax Preparation

Certified IRS-trained tax preparers will prepare simple tax returns **FREE** for individuals and families with 2018 W2's must bring Social Security ID and W2's to have them filed Starting the first Saturday in February at the East Bend Public Library **Must** have an appointment. You must call the **senior center** for that appointment at (336) 699-5100 **DO NOT CALL THE LIBRARY**

NEW Drawing Class \$20 per person will Starts February 28 It will be still drawings like flower vases, Fruit bowls, etc. If you are interested in this call the senior center by the 22nd supplies will be provided by the instructor.

ROOK is always looking for more players Friday nights at 7 p.m. if you have questions call us for more information.

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



FEBRUARY 2019

Mon	Tue	Wed	Thu	Fri
	<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>			<p>1 10 Journal Now 10:30 Blood pressure 11 Exercise with Natalie 7 Rook</p>
<p>4 9:30 Couples Dance \$4 10 Journal Now 11 Thank You Mail Man Day 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>5 10 Journal Now 11 Parkwood Bingo 12:15 Fun & Fellowship 6 Pickle-ball</p>	<p>6 10 Journal Now 11 Dots Music 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>7 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>8 10 Journal Now 11 Exercise with Natalie 7 Rook</p>
<p>11 9:30 Couples Dance \$4 10 Journal Now 11 National White Shirt Day 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>12 10 Journal Now 11 Deputy Diaz 12:15 Fun & Fellowship 6 Tuesday Night Supper & BINGO</p>	<p>13 10 Journal Now 11 Health Topics 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>14 Valentine's Day 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 12 Valentines Party 12:15 Zilch 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4</p>	<p>15 10 Journal Now 11 Exercise with Natalie 7 Rook</p>
<p>18 9:30 Couples Dance \$4 10 Journal Now 11 Georges Band 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>19 10 Journal Now 11 Domestic Violence 12:15 Fun & Fellowship 6 Senior Supper/Bingo</p>	<p>20 10 Journal Now 11 Sassy Seniors 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>21 10 Pickle Ball/Corn Hole 10 Journal Now 11 Bingo 12:15 Zilch 5 VALENTINES DANCE</p>	<p>22 10 Journal Now 11 Exercise with Natalie 7 Rook</p>
<p>25 9:30 Couples Dance \$4 10 Journal Now 11 National Chocolate covered nut day. 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>26 10 Journal Now 10 Diane Crafts 11 Likes and Dislikes 12:15 Fun & Fellowship</p>	<p>27 10 Journal Now 11 Health Trivia 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>28 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>	

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.