



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2019



Important Announcements

Happy New Year!

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.

Closed

January 1 - New Years Day

January 21 - Martin Luther King Jr. Day

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.

We would like to say **THANK YOU** to all of our sponsors for The Holly Jolly Christmas Party. Please forgive us if we have left anyone out. You are the reason that our party was a success. Thanks Again!

Woodman Life
Joe King
Vienna Village
Lion's Club
Civitan Club
67 Pizza
Food Lion of Yadkinville & Jonesville

Connie Hobson of Whisper & Wings
Sunset Gardens & Florist
Little Richard's BBQ Yadkinville
Ace's Restaurant
KFC Yadkinville
and to all of our anonymous donors that gave



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



January 22nd 5:00 p.m. Senior Mingle

473 E Main St, East Bend, NC 27018. Free!

You MUST sign up by Jan. 18th for this event with your senior center manager.

JANUARY 2019

Mon	Tue	Wed	Thu	Fri
	1 CLOSED	2 10 Journal Now 11 Dots Music 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	3 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	4 10 Journal Now 10:30 Blood pressure 11 Exercise with Natalie 7 Rook
	7 9:30 Couples Dance \$4 10 Journal Now 11 Harlem Globetrotters Day 12:15 Stitches & Rockers 5:30 Variety Dance \$4	8 10 Journal Now 11 Deputy Diaz 12:15 Fun & Fellowship	9 10 Journal Now 11 Ginger Bread House making contest. 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	10 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
14 9:30 Couples Dance \$4 10 Journal Now 11 Mt Valley Hospice 12:15 Stitches & Rockers 5:30 Variety Dance \$4	15 10 Journal Now 11 Hat Day 12:15 Fun & Fellowship 6 Tuesday Night Supper & BINGO	16 10 Journal Now 11 Sassy Seniors 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	17 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	18 10 Journal Now 11 Exercise with Natalie 7 Rook
21 Closed	22 10 Journal Now 11 Diane Crafts 12:15 Fun & Fellowship 5 Senior Mingle	23 10 Journal Now 11 Show and Tell 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	24 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	25 10 Journal Now 11 Exercise with Natalie 7 Rook
28 9:30 Couples Dance \$4 10 Journal Now 11 Brain Games 12:15 Stitches & Rockers 5:30 Variety Dance \$4	29 10 Journal Now 11 Likes and Dislikes 12:15 Fun & Fellowship	30 10 Journal Now 11 Snow Flake Day 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	31 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	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.

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.