



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 2019



Important Announcements

March 20th at 12:00 PM

Lunch and Learn with Cheri (provided and sponsored by Vienna Village)

“Definition of Senior Care” FREE Admission. Lunch will be provided.

Must see Rhonda to register by March 13th

March 20th at 5PM Senior Mingle @ Yadkin Valley Senior Center in Jonesville

Free! Transportation will be provided if needed. Dinner includes: Chicken breast, green beans, mashed potatoes, rolls, and banana pudding. Must register by March 18th.

DAY TRIP March 21st Bojangles for breakfast, Hamricks for shopping,

K&W for lunch, and then off to the Amish Store

Free transportation. Breakfast, lunch and shopping on your own. Must register!

NEW: Every 4th Tuesday at 5:30 PM East Bend Senior Club (for East Benders that want to get to know your senior neighbors) First club gathering will be March 26th

Hotdog dinner will be provided. All East Bend residents are welcome. Please call to register.

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.

Senior Games Registration starts March 1-31st \$10 fee includes goody bag with tee shirt, all games and silvers follies show meals at each event. Golf and Bowling cost extra. See the senior center manager for your form or go to torch.ncseniorgames.org to complete online.

Friday nights at 7 p.m. ROOK is always looking for more players



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.

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



MARCH 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 11 Exercise with Natalie 11 National Red cross day & Dr Seuss Day 7 Rook</p>
<p>4 9:30 Couples Dance \$4 10 Journal Now 11 Nation anthem Day 11 Dream Dancers 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>5 10 Journal Now 11 Judy and Roy 11 National cheese doodle & Pancake Day 12:15 Fun & Fellowship 6 Pickle-ball</p>	<p>6 10 Journal Now 11 Dots Music 11 Oreo Cookie Day 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 Vickie w/ Parkwood bingo 12:15 Zilch 6 Zumba \$4 60+ \$3</p>	<p>8 10 Journal Now 10:30 Blood pressure 11 Exercise with Natalie 7 Rook</p>
<p>11 9:30 Couples Dance \$4 10 Journal Now 11 Police Dept David Shore 11 Johnney Applesed Day 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>12 10 Journal Now 11 Deputy Diaz 11 National Plant a flower day 12:15 Fun & Fellowship</p>	<p>13 10 Journal Now 11 Nutritional Bingo 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>14 10 Pickle Ball/Corn Hole 10 Journal Now 11 Fire Dept 11 National Potato chip day 12:15 Zilch 6 Zumba \$4 60+ \$3</p>	<p>15 10 Journal Now 11 Exercise with Natalie 11 National Dress in Blue Day 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 Bingo 11 National We laugh Day 12:15 Fun & Fellowship 6 Tuesday Night Supper & BINGO</p>	<p>20 10 Journal Now 10:30 Chris Ray SECU 12 Lunch & Learn 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game 5 Senior Mingle</p>	<p>21 DAY TRIP 10 Pickle Ball/Corn Hole 10 Journal Now 11 Humana Bingo 12:15 Zilch 6 Zumba \$4 60+ \$3</p>	<p>22 10 Journal Now 11 National WV Day yipee 11 Exercise with Natalie 7 Rook</p>
<p>25 9:30 Couples Dance \$4 10 Journal Now 11 National Medal of Honor 11 Health Trivia 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>26 10 Journal Now 10 Diane Crafts 11 Likes and Dislikes 11 National Epilepsy Awareness day wear purple 12:15 Fun & Fellowship 5:30 East Bend Senior Club</p>	<p>27 10 Journal Now 11 Health Topics 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 11 National food on a stick day 12:15 Zilch 6 Zumba \$4 60+ \$3</p>	<p>29 10 Journal Now 11 Exercise with Natalie 7 Rook</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.