



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

APRIL 2019



Important Announcements

Happy Easter!

April 18th: Easter Crafts will start at 10 am. Easter Party will start at 12 pm. Bring your favorite snacks to share.

April 23 at 5 pm: Senior Mingle at the Yadkin County Senior Center!

Location: 207 East Hemlock Street • Yadkinville, NC 27055

\$7.50 per person. Pay at the door but must call to make reservations by the April 18th.

Transportation will be provided if needed.

Dinner includes: Meatloaf, mashed potatoes, green beans, rolls, and carrot cake

Every 4th Tuesday at 5:30 pm: East Bend Off Our Rockers Club (for East Benders that want to get to know your senior neighbors) All "East Bend" residents 55 and older are welcome. Dinner: Spaghetti & Salad provided. Please call to register.

Free event but donations will be accepted and appreciated.

Every 3rd Tuesday at 6:00 pm: "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.

Friday nights at 7 pm: ROOK (We are always looking for more players)

April 27th from 2 to 7 PM: YVEDDI 2nd Annual Classic Car Show & Live Band

\$5 Admission or Free Admission with purchase of a \$10 Raffle Ticket (children under 12 free)

Raffle • Prizes • Music • Food Trucks

Bring a lawn chair • NO COOLERS ALLOWED

Yadkin Valley Economic Development District Inc. (YVEDDI)

533 N. Carolina Ave. Hwy. 601N • Boonville, NC

April 30th: Day Trip to Shatley Springs, Tanger Outlets and Blowing Rock for shopping.

\$15 per person. \$25 non-registered transportation participants. Includes breakfast, tax and tip, & transportation. Shopping on your own.

We Want To Hear From You!

We will be conducting a center-wide survey during the month of **April**.

Please see Rhonda Beavers to complete a survey. If you complete a survey, your name will be entered into a drawing for door prizes (a Banana Split from Alex's or a roll of quarters)

Winners will be announced on May 1st during Bingo.

NEW! Starting in May!

Craft night every Thursday! Instructor: Sandra Hagan. \$5 per class

The May 2nd project will be Rainbow Button Wind Chimes.

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



APRIL 2019

Mon	Tue	Wed	Thu	Fri
<p>1 APRIL FOOLS DAY</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Dream Dancers 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>2</p> <p>10 Journal Now 11 Judy and Roy 12:30 Pickle Ball / Corn Hole</p>	<p>3</p> <p>10 Journal Now 11 Dots Music 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>4</p> <p>10 Pickle Ball/Corn Hole 10 Journal Now 11 BINGO 12:15 Zilch 6 Zumba \$4 60+ \$3</p>	<p>5</p> <p>10 Journal Now 11 Exercise with Natalie 7 Rook</p>
<p>8</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Guest Speaker: Mel Speas, Korean War Vet 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>9</p> <p>10 Journal Now 11 Guest Speaker, Deputy Diaz 12:30 Pickle Ball / Corn hole</p>	<p>10</p> <p>10 Journal Now 11 Humana BINGO with Mae 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>11</p> <p>10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutritional BINGO 12:15 Zilch 6 Zumba \$4 60+ \$3</p>	<p>12</p> <p>10 Journal Now 10:30 Blood Pressure Ck. 11 Exercise with Natalie 7 Rook</p>
<p>15</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Georges Band 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>16</p> <p>10 Journal Now 11 Insight Human Services 12:30 Pickle Ball / Corn Hole 6 Senior Supper & Bingo</p>	<p>17 SIGN UP FOR Crafts with Dianne 10 Journal Now 11 Nutritional BINGO 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>18</p> <p>10 Pickle Ball/Corn Hole 10 Easter Crafts 10 Journal Now 11 BINGO-VAYA Health 12 Easter Party 12:15 Zilch 6 Zumba \$4 60+ \$3</p>	<p>19</p> <p>CLOSED Good Friday</p>
<p>22</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Jelly Bean Day 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>23</p> <p>10 Journal Now 10 Crafts with Dianne (don't forget to SIGN UP) 12:30 Pickle Ball / Corn Hole 5:30 East Bend Senior Club 5 Senior Mingle-Yadkinville</p>	<p>24</p> <p>10 Journal Now 11 Guest Speaker: Mayor, Archie Hicks 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>25</p> <p>10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutritional BINGO 12:15 Zilch 6 Zumba \$4 60+ \$3</p>	<p>26</p> <p>10 Journal Now 11 Exercise with Natalie 7 Rook</p>
<p>29</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Guest Speaker: David Shore, East Bend Police Chief 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>30 DAY TRIP</p> <p>10 Journal Now 11 Parkwood BINGO 11 Likes and Dislikes 12:30 Pickle Ball / Corn Hole</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.