



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

MAY 2019

Important Announcements

May 14 at 5 pm: Senior Mingle (pre-registration required by May 10)

Location: East Bend Senior Center

Free event but donations will be accepted and appreciated.

Transportation will be provided if needed.

Dinner includes: Pinto's, Cornbread, Sauerkraut/Wieners & Dessert



May 22 at 10:30 am Larry Adams, Purple Heart Recipient will be here to speak

Every 3rd Tuesday at 6:00 pm: (May 21st) "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.

Every 4th Tuesday at 5:30 pm: East Bend Off Our Rockers Club (pre-registration required)

All "East Bend" residents 55 and older are welcome.

Dinner: Judy's Toasted Hot Dogs

Free event but donations will be accepted and appreciated.

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

NEW! Craft Night every Thursday at 6 pm!

Instructor: Sandra Hagan. Only \$5 per class! Register Now!

May 2: Rainbow Button Wind Chimes

May 9: Mason Jar Herb Garden

May 16: Embroider Hoop Wreath

May 23: Flower Kissing Balls

May 30: Stripped Beach Luminaries

June 1st at 5 pm Chicken Pie Dinner & Live Auction Fundraiser (pre-registration required)

\$10 per person: Chicken pie, mashed potatoes, coleslaw, rolls, dessert & can drink (Eat In or Carry Out) Free entry to auction.

June 14th at 11:00 am Flag Day Celebration (pre-registration required)

Honorable Guest: Virginia Foxx • Live Entertainment!

All American Hotdogs, Apple Pie & Homemade Ice Cream

★ Come meet the most decorated medalist, Rick Matthews, Purple Heart Recipient, Larry Adams and Randy Lovett who marched in JFK's funeral

★ Veterans of the East Bend American Legion Post will have memorabilia displayed

★ The Town of East Bend will be on-site to share history

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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



Remembering the men and women who died while serving our country.

MAY 2019

Mon	Tue	Wed	Thu	Fri
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.	 	1 10 Journal Now 11 Dots music 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	2 10 Pickle Ball/Corn Hole 10 Journal Now 11 BINGO 12:15 Zilch 6 Zumba \$4 60+ \$3 6 Crafts\$5	3 10 Journal Now 11 Exercise with Natalie 7 Rook
6 9:30 Couples Dance \$4 10 Journal Now 11 Dream Dancers 12:15 Stitches & Rockers 5:30 Variety Dance \$4	7 10 Journal Now 11 Judy and Roy 12:30 Pickle Ball / Corn hole	8 10 Journal Now 11 CAP Shannon 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	9 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutritional BINGO 12:15 Zilch 6 Zumba \$4 60+ \$3 6 Crafts\$5	10 10 Journal Now 10:30 Blood Pressure Ck. 11 Exercise with Natalie 7 Rook
13 9:30 Couples Dance \$4 10 Journal Now 11 Humana Bingo 12:15 Stitches & Rockers 5:30 Variety Dance \$4	14 10 Journal Now 11 Dept Diaz 12:30 Pickle Ball / Corn Hole 5 Senior Mingle	15 10 Journal Now 11 Vienna Village 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	16 DAY TRIP TO PARKWOOD 10 Pickle Ball/Corn Hole 10 Journal Now 11 BINGO-VAYA Health 12:15 Zilch 6 Zumba \$4 60+ \$3 6 Crafts \$5	17 10 Journal Now 11 Exercise with Natalie 7 Rook
20 9:30 Couples Dance \$4 10 Journal Now 11 Georges Band 12:15 Stitches & Rockers 5:30 Variety Dance \$4	21 10 Journal Now 11 Insight On Human Services 12:30 Pickle Ball / Corn Hole 6 Senior Supper & Bingo	22 10 Journal Now 10:30 Larry Adams, Purple Heart Recipient 11 PURPLE HEART VET 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	23 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutritional BINGO 12:15 Zilch 6 Zumba \$4 60+ \$3 6 Crafts \$5	24 10 Journal Now 11 Exercise with Natalie 7 Rook
27 CLOSED Memorial Day	28 10 Journal Now 10 Crafts with Dianne (don't forget to SIGN UP) 12:30 Pickle Ball / Corn Hole 5:30 Off Our Rockers Club	29 10 Journal Now 11 EMS Chris 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	30 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutritional BINGO 12:15 Zilch 6 Zumba \$4 60+ \$3 6 Crafts \$5	31 10 Journal Now 11 Exercise with Natalie 7 Rook <u>TOMMOROW CHICKEN PIE & AUCTION FUNDRAISER</u>

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.