



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

JUNE 2019

## Important Announcements

**Saturday, June 1st at 5 pm Chicken Pie Dinner & Live Auction Fundraiser**  
\$10 per person: Chicken pie, mashed potatoes, coleslaw, rolls, dessert & can drink (Eat In or Carry Out) Free entry to auction.

**Thursday, June 6th at 3 pm: Silver Follies Show Free!**  
Entertainment and refreshments.

**Friday, June 14th at 11:00 am Flag Day Celebration Free!**  
Honorable Guest: Virginia Foxx  
Live Entertainment with Pastor Brian Poindexter, Jennifer Wooten, Danny Carter, and Mel Speas  
All American Hotdogs, Apple Pie & Homemade Ice Cream  
★Come meet the most decorated medalist, Rick Matthews; Purple Heart Recipient, Larry Adams; Randy Lovett who marched in JFK's funeral; and other veterans of East Bend American Legion Post that will have memorabilia displayed.  
★The Town of East Bend and Yadkin Valley Living Magazine will be on-site to share history (Donations will be accepted and appreciated.)

**Tuesday, June 18th at 6:00 pm (Every 3rd Tuesday) : "Tuesday Night Supper and BINGO" BINGO WILL START AT 6:30 PM** 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.

**Monday, June 24th at 5 pm: Senior Mingle Cookout Free!**  
Pre-registration required by June 14th  
Hamburgers and Hotdogs! Sidewalk Chalk Drawing Contest! Wet T-shirt Contest (sort of) Free event but donations will be accepted and appreciated.  
*Sponsored by Woodman of the World and Pepsi Bottling Ventures*

**Tuesday, June 25th at 5:30 pm: (Every 4th Tuesday) East Bend Off Our Rockers Club (Free)** pre-registration required  
All "East Bend" residents 55 and older are welcome.  
Dinner will be provided. Donations will be accepted and appreciated.

**Thursday, June 25th at 10 am: Crafts with Dianne Free!** Sign up by the June 20th.

**Saturday, June 29th at 9:30 am: God and Country Celebration** Parade events throughout the day and end with fireworks behind the East Bend Senior Center.

**Every Friday night at 7 pm: ROOK** (We are always looking for more players)

**Every Thursday at 6 pm: Craft Night !** Only \$5 per class! Register Now!  
Instructor: Sandra Hagan. June 6th (4th of July Wreath \$10)

### 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](http://www.yadkincountyunitedfund.org)



# JUNE 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.                            |  <b>YVEDDI</b><br>YADKIN VALLEY ECONOMIC<br>DEVELOPMENT DISTRICT, INC. |  "like" us on<br>facebook                |  |  |
| 3<br>9:30 Couples Dance \$4<br>10 Journal Now<br><b>11 Dream Dancers</b><br>12:15 Stitches & Rockers<br>5:30 Variety Dance \$4                                       | 4<br>10 Journal Now<br><b>11 Judy and Roy</b><br>12:30 Pickle Ball / Corn hole  | 5<br>10 Journal Now<br><b>11 Dot's Music</b><br>12:30 Quarter BINGO<br>1:00 Sr. Bowling Mt Airy<br>\$1.50 per game        | 6<br>10 Pickle Ball/Corn Hole<br>10 Journal Now<br>11 BINGO<br>12:15 Zilch<br>6 Zumba \$4 60+ \$3<br>6 Crafts \$5              | 7<br>10 Journal Now<br><b>10:30 Blood Pressure Ck.</b><br>11 Exercise with Natalie<br>7 Rook |
| 10<br>9:30 Couples Dance \$4<br>10 Journal Now<br><b>11 Cigna Health Spring Speak and Bingo</b><br>12:15 Stitches & Rockers<br>5:30 Variety Dance \$4                | 11<br>10 Journal Now<br><b>11 Deputy Diaz</b><br>12:30 Pickle Ball / Corn Hole  | 12<br>10 Journal Now<br><b>11 Bingo with Humana</b><br>12:30 Quarter BINGO<br>1:00 Sr. Bowling Mt Airy<br>\$1.50 per game | 13<br>10 Pickle Ball/Corn Hole<br>10 Journal Now<br>11 Nutritional Bingo<br>12:15 Zilch<br>6 Zumba \$4 60+ \$3<br>6 Crafts \$5 | 14<br>10 Journal Now<br>11 Exercise with Natalie<br><b>11 Flag Day Celebration</b><br>7 Rook |
| 17<br>9:30 Couples Dance \$4<br>10 Journal Now<br><b>11 Georges Band</b><br>12:15 Stitches & Rockers<br>5:30 Variety Dance \$4                                       | 18<br>10 Journal Now<br><b>11 Insight Human Services</b><br>12:30 Pickle Ball / Corn Hole<br><b>6 Senior Supper &amp; Bingo</b>                         | 19<br>10 Journal Now<br><b>11 Vaya Health</b><br>12:30 Quarter BINGO<br>1:00 Sr. Bowling Mt Airy<br>\$1.50 per game       | 20<br>10 Pickle Ball/Corn Hole<br>10 Journal Now<br>11 BINGO<br>12:15 Zilch<br>6 Zumba \$4 60+ \$3<br>6 Crafts \$5             | 21<br>10 Journal Now<br>11 Exercise with Natalie<br>7 Rook                                   |
| 24<br>9:30 Couples Dance \$4<br>10 Journal Now<br><b>11 The Nunn Sisters</b><br>12:15 Stitches & Rockers<br>5:30 Variety Dance \$4<br><b>5 Senior Mingle at YVSC</b> | 25<br>10 Journal Now<br><b>10 Crafts with Dianne (don't forget to SIGN UP)</b><br>12:30 Pickle Ball / Corn Hole<br><b>5:30 Off Our Rockers Club</b>     | 26<br>10 Journal Now<br><b>11 Safety Trivia</b><br>12:30 Quarter BINGO<br>1:00 Sr. Bowling Mt Airy<br>\$1.50 per game     | 27<br>10 Pickle Ball/Corn Hole<br>10 Journal Now<br>11 Nutritional BINGO<br>12:15 Zilch<br>6 Zumba \$4 60+ \$3<br>6 Crafts \$5 | 28<br>10 Journal Now<br>11 Exercise with Natalie<br>7 Rook                                   |

**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.