



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

AUGUST 2019

Important Announcements

August 10th 9 AM–1 PM Health Fair held by New Birth Worship Center, Blood Drive, Health and Wellness Professionals onsite and healthy snacks will all be provided. Free event!

August 15th 1:00-3:00 PM NEW! SMART PHONE Class sponsored by Yadtel. Bring your smart phone or tablet to learn all about the features. Samsung Galaxy and iPhone users are welcome to come to this free class. Call to RSVP.

August 20th at 12:30 PM: SOCIAL SECURITY EDUCATION presented by Tom Bachmann, retired from SS Administration. Question & Answer session after his update on what you need to know.

August 21 at 10:30 AM Vietnam Veteran Ricky Speas will be here to speak about his experiences in Vietnam and display some of his memorabilia . Light lunch will be served. Free!

August 20th 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.

August 13th at 5 pm: Senior Mingle (Pre-registration required by: August 12th)
Dinner: Sandwiches and subs, Chips, Homemade ice cream
Special singing by: Loretta Wimmer and Jennifer Wooten
Location: East Bend Senior Center
Free event but donations will be accepted and appreciated.
Sponsored by: Woodmen Life

August 26th 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.

Every Monday night at 6PM: Variety Dance with Judy \$4

Every Thursday night at 6:30PM: Zumba with Angel \$4
\$3 for age 60+

Every Thursday night at 7:30: Line dancing with Grey \$4

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

On July 16, 2019, Honorable Guest Speaker, Jim Wall, a Vietnam Veteran shared his experiences while serving in Vietnam and displayed his collection of memorabilia.



Veterans, Randy Lovette, Larry Adams, Jim Wall, Clyde Wall and Mike Fenley, Field Rep. from U.S. Senator Richard Burr's office

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



We are excited to announce that the YVEDDI East Bend Senior Center received a \$2,000 grant from Sam's Club.& \$2,500 from Walmart Distribution Center The funds will be used for senior events and activities.

Thank You Sam's Club!

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 Pickle Ball/Corn Hole 10 Journal Now 11 BINGO 12:15 games 6 Zumba \$4 60+ \$3 7:30 Line Dance \$4	2 10 Journal Now 11 Exercise with Natalie 7 Rook
5 9:30 Couples Dance \$4 10 Journal Now 11 Dream Dancers 12:15 Stitches & Rockers 5:30 Variety Dance \$4	6 10 Journal Now 11 Judy and Roy 12:30 Fellowship	7 10 Journal Now 11 Dots Music 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	8 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition BINGO 12:15 games 6:30 Zumba \$4 60+ \$3 7:30 Line Dance \$4	9 10 Journal Now 10:30 Blood Pressure Ck. 11 Exercise with Natalie 7 Rook
12 9:30 Couples Dance \$4 10 Journal Now 11 Cigna Health Spring Bin-go & Speaker 12:15 Stitches & Rockers 5:30 Variety Dance \$4	13 10 Journal Now 11 Deputy Diaz 12:30 Fellowship 5 Senior Mingle Food and Singing sponsored by Woodmen Life	14 10 Journal Now 11 Humana Bingo with Mae 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	15 10 Pickle Ball/Corn Hole 10 Journal Now 11 BINGO 12:15 games 6:30 Zumba \$4 60+ \$3 7:30 Line Dance \$4	16 10 Journal Now 11 Exercise with Natalie 7 Rook
19 9:30 Couples Dance \$4 10 Journal Now 11 Georges Band 12:15 Stitches & Rockers 5:30 Variety Dance \$4	20 10 Journal Now 11 Sams Club Speaker 12:30 fellowship 12:30 Social Security Speaker 6 Senior Supper & Bingo	21 <u>National Senior Citizen Day</u> 10 Journal Now 11 Vietnam Vet Ricky Speas 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	22 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition BINGO 12:15 games 6:30 Zumba \$4 60+ \$3 7:30 Line Dance \$4	23 10 Journal Now 11 Exercise with Natalie 7 Rook
26 9:30 Couples Dance \$4 10 Journal Now 11 EB Chief of Police David Shore 12:15 Stitches & Rockers 5:30 Variety Dance \$4	27 10 Journal Now 10 Crafts by Dianne 12:30 fellowship 5:30 Off Our Rockers Club	28 10 Journal Now 11 Singer Bud Davis 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	29 10 Pickle Ball/Corn Hole 10 Journal Now 11 BINGO 12:15 games 6:30 Zumba \$4 60+ \$3 7:30 Line Dance \$4	30 10 Journal Now 11 Exercise with Natalie 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.