



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

JULY 2019

Important Announcements

Thank You to everyone that came out and helped make National Flag Day a success. We could not have done it without the help of some special people.

I want to thank Aileen Cockerham and Wayne Johnson for their help organizing the event; Faith Community Baptist Church; Freda Payne; East Bend Fire Department; the Ladies Auxiliary; Friends of the Senior Center for the hotdogs, baked beans, macaroni salad, home made ice cream and all the apple pies; singers and musicians, Jennifer Wooten, Ronald Beavers, Danny Carter, Vickie Warden, Brain Poindexter, and Mel Speas; Larry Adams for reading the 13 folds of the American Flag; Wayne Johnson for reading the "Ragged Ole Flag" and getting us a new replacement flag; all the Veterans that set up and shared their memorabilia and our special guest speaker, Virginia Foxx for taking time out of her busy schedule to support our event!



We will be doing it again next year.

Tuesday, July 16th at 6:00 pm: "Tuesday Night Supper and BINGO"
(Every 3rd Tuesday):

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.

July 23th at 5 pm: BEACH BASH/Senior Mingle Free!

Pre-registration required by: July 19th

Dinner: baked spaghetti, salad, rolls, dessert, sweet tea or soft drink

Location: Yadkin County Senior Center

Donations will be accepted and appreciated.

Entertainment by The Stan Bobbitt Band.

Tuesday, July 23rd 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 Friday night at 7 pm: ROOK (We are always looking for more players)

Closed: Thursday, July 4th

Happy 4th of July!

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



JULY 2019

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Humana Bingo 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>2</p> <p>10 Journal Now 11 Zeke Piano/Singing 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>CLOSED</p> 	<p>5</p> <p>10 Journal Now 10:30 Blood Pressure Ck. 11 Exercise with Natalie 7 Rook</p>
<p>8</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Cigna Health Bingo 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>9</p> <p>10 Journal Now 11 Dept. Diaz 12:30 Pickle Ball / Corn hole</p>	<p>10</p> <p>10 Journal Now 11 Mt Valley Hospice (Jason Kline Chaplan) 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 Nutrition BINGO 6 Zumba \$4 60+ \$3 6 Crafts \$5</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 10:30 Vietnam Veteran (Mr. Wall) 12:30 Pickle Ball / Corn Hole 6 Senior Supper 6:30 Quarter Bingo</p>	<p>17</p> <p>10 Journal Now 11 Urban League (Vickie) 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 Journal Now 11 Bingo 6 Zumba \$4 60+ \$3 6 Crafts \$5</p>	<p>19</p> <p>10 Journal Now 11 Exercise with Natalie 7 Rook</p>
<p>22</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Fraud Education (Carter Bank & Trust) 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>23</p> <p>10 Journal Now 10 Crafts with Dianne 12:30 Pickle Ball / Corn Hole 5 Senior Mingle/Beach Bash (Yadkinville Senior Center) 5:30 Off Our Rockers Club</p>	<p>24</p> <p>10 Journal Now 11 Insight Humana Bingo 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 Nutrition Bingo 6 Zumba \$4 60+ \$3 6 Crafts \$5</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 EMS 10:45 12:15 Stitches & Rockers 5:30 Variety Dance \$4</p>	<p>30</p> <p>10 Journal Now 11 Mt Valley Hospice (Sherry) 12:30 Pickle Ball / Corn Hole</p>	<p>31</p> <p>10 Journal Now 11 YVEDDI Domestic Violence (Sandy) 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game</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.