



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2019

Important Announcements

September is National Senior Center Month: The Key to Aging Well! Each day we will share what the senior center means to everyone that comes and participates. See Rhonda to get a paper to quote what you like about your senior center. Because I think the Key to Aging Well is doing what makes you happy.

September 5th at 10:30-11:30 A representative from **First National Bank** will be here to address issues you may have with our local bank closing.

September 10th at 6:30 PM **Tom Bachmann, Retired Social Security Representative** will be here to talk with anyone having issues or questions about Social Security Benefits.

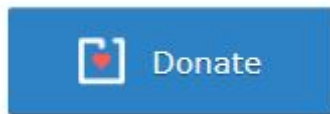
September 17th at 6:00 pm (Every 3rd Tuesday): "Tuesday Night Supper and BINGO" BINGO WILL START AT 6:30 PM Don't forget your quarters! Guests are asked to bring a dish of food to share with friends, such as a casserole or dessert. The Senior Center will supply paper products and drinks.

September 23 at 11 AM A guest speaker from Gentry's will be here to speak about veteran benefits.

September 23 at 5 pm: Senior Mingle (Pre-registration required by: September 16th)
Dinner: Pizza, Salad and Dessert
Location: Yadkin Valley Senior Center in Jonesville
Free event but donations will be accepted and appreciated.

September 24th 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.

September 25th at 11 am: Veteran Affairs, Chuck Knight will speak about his experiences while serving our Country and will talk about veteran benefits.



NEW!!!

YVEDDI now has a Donation Button on our website that makes it more convenient to donate to your favorite program. Please visit www.yveddi.com

Yadkin Valley Economic Development District, Inc. (YVEDDI) is a qualified Section 501 (c) (3) Charitable Organization, EIN 56-0851147. All donors should refer to their tax advisor regarding the deductibility of their donation. No goods or services are provided in exchange for contribution.

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



Mon	Tue	Wed	Thu	Fri
2 CLOSED Labor Day	3 10 Journal Now 11 Judy and Roy 12:30 Fellowship	4 10 Journal Now 11 Dots Music 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	5 10 Pickle Ball/Corn Hole 10 Journal Now 11 1st National Bank 12:15 games 6 Zumba \$4 60+ \$3 7:30 Line Dance \$4	6 10 Journal Now 11 Exercise with Natalie 7 Rook
9 9:30 Couples Dance \$4 10 Journal Now 11 Cigna Health Spring Speak and Bingo 12:15 Stitches & Rockers 5:30 Variety Dance \$4	10 10 Journal Now 11 Deputy Diaz 12:30 Fellowship 6:30 Social Security Education	11 10 Journal Now 11 Mt Valley Hopsice 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	12 10 Pickle Ball/Corn Hole 10 Journal Now 11 Humana Bingo with Mae 12:15 games 6:30 Zumba \$4 60+ \$3 7:30 Line Dance \$4	13 10 Journal Now 10:30 Blood Pressure Ck. 11 Exercise with Natalie 7 Rook
16 9:30 Couples Dance \$4 10 Journal Now 11 Georges Band 12:15 Stitches & Rockers 5:30 Variety Dance \$4	17 10 Journal Now 11 Alzheimer's Assoc. 12:30 Fellowship 6 Senior Supper & Bingo	18 10 Journal Now 11 VAYA Health Bingo 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	19 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	20 10 Journal Now 11 Exercise with Natalie 7 Rook
23 9:30 Couples Dance \$4 10 Journal Now 11 Gentry Vet. Benefits 12:15 Stitches & Rockers 5:30 Variety Dance \$4 5 Single Mingle at Yadkin Valley Senior Center	24 10 Journal Now 11 Dianne's Crafts 12:30 fellowship 5:30 East Bend Off Our Rockers Club	25 10 Journal Now 11 Chuck Knight Vet Affairs 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	26 10 Pickle Ball/Corn Hole 10 Journal Now 11 BINGO 12:15 games 6:30 Zumba \$4 60+ \$3 7:30 Line Dance \$4	27 10 Journal Now 11 Exercise with Natalie 7 Rook
30 9:30 Couples Dance \$4 10 Journal Now 11 EMS 12:15 Stitches & Rockers 5:30 Variety Dance \$4				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.

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.