



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 2019

## Important Announcements

### Happy Thanksgiving

**NEW** Shag Dance Lessons: Every 1st, 2nd, and 4th Monday at 3 pm  
(None on the 3rd Monday)  
\$4 per class ▪ Instructor: Judy Taylor

**Every Thursday at 12:15 pm: Rook** (Everyone welcome to play or learn)

**November 12th at 11 am: Thanks for Giving Soup Day Luncheon.** All volunteers are invited that volunteer at the East Bend Senior Center.

**November 12th at 5 pm: Senior Mingle** (Pre-registration required by: Nov. 8th)  
Dinner: grilled cheese sandwiches & soups  
Location: East Bend Senior Center  
Free event but donations will be accepted and appreciated.

**November 19th 9am–1pm: Beltone** will be here on for hearing checks and will clean your hearing aides free of charge

**November 19th 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.

**November 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.

**December 10th Senior Christmas Party** (Yadkinville) Tickets will go on sale November 18th. We will have a catered meal by D & F Catering including turkey, stuffing, mashed potatoes, gravy, green beans, and dessert. Entertainment by Comedian/Author, John Floyd (He performed on the Mike Huckabee's Show) Tickets will be \$12  
Guaranteed a night of food, fun, & fellowship!!!

**NEW!!! Barn Quilt Painting:** Class will be held February 3rd.  
1x1 \$35 2x2 \$85 3x3 \$135 4x4 \$155  
(Cost and quilt design will be due January 14th)  
See or call Rhonda for more details

### Holiday Schedule:

Nov. 5th (Voting) Christmas/New Year Holiday:  
Nov. 11th (Veterans Day) Dec. 23-Jan. 1, 2020 (will reopen Jan 2nd)  
Nov. 28 & 29 (Thanksgiving)

**SHIIP Senior Health Insurance Information Program** will be here to assist you with insurance open enrollment. On November 19th, and December 3rd. Call Rhonda to make an appointment for either day.

### 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)



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 Exercise with Natalie 12:15 Rook
4 9:30 Couples Dance \$4 10 Journal Now <b>11 YVEDDI Lisa/Tom</b> 12:15 Stitches & Rockers 3 Shag Dancing lessons 5:30 Variety Dance \$4	5 CLOSED	6 10 Journal Now <b>11 Dots Music</b> 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	7 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	8 10 Journal Now 10:30 Blood Pressure Checks 11 Exercise with Natalie 12:15 Rook
11 CLOSED	12 <b>SENIOR MINGLE</b> 10 Journal Now <b>11 Thanks for Giving Soup Day</b> 12:30 Fellowship <b>3 Shag Dance Lesson \$</b> <b>5 Senior Mingle</b>	13 10 Journal Now <b>11 Christian Ministries</b> 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	14 10 Pickle Ball/Corn Hole 10 Journal Now 11 Bingo 12:15 Games 6:30 Zumba \$4 60+ \$3 7:30 Line Dance \$4	15 10 Journal Now 11 Exercise with Natalie 12:15 Rook
18 9:30 Couples Dance \$4 10 Journal Now <b>11 EMS</b> 12:15 Stitches & Rockers 5:30 Variety Dance \$4	19 10 Journal Now <b>11 EB Library Susan</b> 12:30 fellowship <b>9am-1pm: Beltone</b> <b>6 Senior Supper &amp; Bingo</b>	20 10 Journal Now <b>11 1st National Bank</b> 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	21 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	22 10 Journal Now 11 Exercise with Natalie 12:15 Rook
25 9:30 Couples Dance \$4 10 Journal Now <b>11 Social Worker for the blind</b> 3 Shag Dancing lessons 12:15 Stitches & Rockers <b>5:30 East Bend Off Our Rockers Club</b>	26 10 Journal Now <b>11 Dianne's Craft</b> 12:30 Fellowship <b>3 Shag Dance Lesson \$</b>	27 10 Journal Now <b>11 Village Care of King</b> 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	28 CLOSED	29 CLOSED

**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.