

A North Carolina Certified Senior Center of Excellence

December 2019

Important Announcements

Merry Christmas and Happy New Year!

December 3rd: SHIIP Senior Health Insurance Information Program will be here to assist you with insurance open enrollment. Call Rhonda to make an appointment.

December 10th at 5:00-8:00 pm : Holly Jolly Christmas Party Tickets On Sale Now! \$12.00 per person (Must purchase your ticket by December 6th by 3:00 pm.) Location: Yadkin County Senior Center

Entertainment: John Floyd, Comedian/Author (Performed on the Mike Huckabee Show) Menu: Turkey, dressing, mashed potatoes, gravy, green beans, roll and dessert (Catered by: D & F Catering)

December 20th at 10 am: Christmas Party Bring snacks to share and join us for some Christmas games, fun and 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

Shag Dance Lessons: Every 1st, 2nd, and 4th Monday at 3 pm (No class Dec.24th) (No lessons on the 3rd Monday) \$4 per class • Instructor: Judy Taylor

The following events have been postponed:

- Senior Mingle (will resume in January)
- East Bend Off Our Rockers Club Event (Every 4th Tuesday) (will resume in January)
- Craft Class (will resume in January)
- "Tuesday Night Supper and BINGO" (every 3rd Tuesday) (will resume Spring 2020)

Holiday Schedule:

Christmas/New Year Holiday: Dec. 23-Jan. 1, 2020 (will reopen Jan 2nd)

Inclement Weather

Typically, the East Bend Senior Center follows the inclement weather policy of the Yadkin County School System.

Note: Sometimes we will be closed even if the schools are on a delayed schedule due to the safety of our seniors and volunteer drivers.

There will be two separate announcements:

Meals on Wheels
 Senior Services/Senior Center.

Please stay tuned to WXII-12 or Fox 8 News for the latest updates.

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:

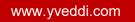
- Housing Assistance
- Reverse Mortgage Counseling
- Home Health Services/In-home Aide Services
- Medicaid Benefits
- Social Security Benefits
- Long-term Care Facilities
- Rehabilitation Services
- Respite
- Energy Assistance
- Food Distribution
- Adult Day Care
- Mental Health
- Hospice Care

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







DECEMBER 2019

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|--|---|
| 2 9:30 Couples Dance \$4 10 Journal Now 11 Dream Dancers 12:15 Stitches & Rockers 3 Shag Dancing lessons 5:30 Variety Dance \$4 | 3 SHIIP On-site 10 Journal Now 11 Judy & Roy 12:30 Fellowship 3 Shag Dance Lesson \$ | 4 10 Journal Now 11 New Horizons 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game | 5 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 | 6 10 Journal Now 11 Exercise with Natalie 12:15 Rook |
| 9 9:30 Couples Dance \$4 10 Journal Now 11 Gentry Funeral Service 12:15 Stitches & Rockers 3 Shag Dancing lessons 5:30 Variety Dance \$4 | 10 Holly Jolly Christmas Party 10 Journal Now 11 Dept Diaz 12:30 Fellowship 3 Shag Dance Lesson \$ | 11 10 Journal Now 11 United Health Care Bingo 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game | 12 10 Pickle Ball/Corn Hole 10 Journal Now 11 Bingo 12:15 Games 6:30 Zumba \$4 60+ \$3 7:30 Line Dance \$4 | 13 10 Journal Now 10:30 Blood Pressure Checks 11 Exercise with Natalie 12:15 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 Vicky Sing & Dance 12:30 Fellowship | 18 10 Journal Now 11 Captel 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 10 Christmas Party 11 Exercise with Natalie 12:15 Rook |
| 23 CLOSED | CLOSED The | closed | closed | 27 CLOSED |
| 30 CLOSED | 31 CLOSED | | facebook | 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.