



# EAST BEND SENIOR COMMUNITY CENTER NEWS



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](http://www.yadkincountyunitedfund.org)



# DECEMBER 2019

Mon	Tue	Wed	Thu	Fri
2 9:30 Couples Dance \$4 10 Journal Now <b>11 Dream Dancers</b> 12:15 Stitches & Rockers 3 Shag Dancing lessons 5:30 Variety Dance \$4	3 <b>SHIIP On-site</b> 10 Journal Now <b>11 Judy &amp; Roy</b> 12:30 Fellowship 3 Shag Dance Lesson \$	4 10 Journal Now <b>11 New Horizons</b> 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 <b>11 Gentry Funeral Service</b> 12:15 Stitches & Rockers 3 Shag Dancing lessons 5:30 Variety Dance \$4	10 <b>Holly Jolly Christmas Party</b> 10 Journal Now <b>11 Dept Diaz</b> 12:30 Fellowship 3 Shag Dance Lesson \$	11 10 Journal Now <b>11 United Health Care Bingo</b> 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 <b>10:30 Blood Pressure Checks</b> 11 Exercise with Natalie 12:15 Rook
16 9:30 Couples Dance \$4 10 Journal Now <b>11 Georges Band</b> 12:15 Stitches & Rockers 5:30 Variety Dance \$4	17 10 Journal Now <b>11 Vicky Sing &amp; Dance</b> 12:30 Fellowship	18 10 Journal Now <b>11 Captel</b> 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 <b>10 Christmas Party</b> 11 Exercise with Natalie 12:15 Rook
23 CLOSED	24 CLOSED 	25 CLOSED	26 CLOSED	27 CLOSED
30 CLOSED	31 CLOSED			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.