



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2020

## Important Announcements

### Happy New Year!

**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 lessons on the 3rd Monday) \$4 per class ▪ Instructor: Judy Taylor

### Holiday Schedule:

Jan. 1, 2020: New Year's Day ▪ Jan. 20, 2020: Martin Luther King Jr. Day

### 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.

### A Special Thank You!

Donations made in memory of Mel Spease, Lena Brown and Elsie Davis made it possible for new equipment for the senior center.

Thank you!

Thanks to Dewey Bowman for donating his time to install the garbage disposal.

### Save the Date

**February 18th at 5 PM Annual Valentines Dance \$10 per ticket**

Menu: Chicken pie, green beans & corn, slaw and cobbler with ice cream

Entertainment by The Stan Bobbitt Band

Location: East Bend Senior Center

473 E. Main Street ▪ East Bend, NC

Pre-registration is required.

*Senior Mingles will be held every other month and may be in conjunction with other special events; Annual Valentines Dance, Beach Bash, Halloween Party, and Holly Jolly Christmas Party.*

*NO Senior Mingles in January, March, May, July, September, and November.*



### 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 CLOSED	2 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	3 10 Journal Now 11 Exercise with Natalie 12:15 Rook
6 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	7 10 Journal Now <b>11 Judy &amp; Roy</b> 12:30 Fellowship 3 Shag Dance Lesson \$	8 10 Journal Now <b>11 Dot' music</b> 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	9 10 Pickle Ball/Corn Hole 10 Journal Now 11 Bingo 12:15 Games 6:30 Zumba \$4 60+ \$3 7:30 Line Dance \$4	10 10 Journal Now <b>10:30 Blood Pressure Checks</b> 11 Exercise with Natalie 12:15 Rook
13 9:30 Couples Dance \$4 10 Journal Now <b>11 Mt Valley Hospice</b> 12:15 Stitches & Rockers 5:30 Variety Dance \$4	14 10 Journal Now <b>11 Deputy Diaz</b> 12:30 Fellowship 3 Shag Dance Lesson \$	15 10 Journal Now <b>11 1st national Bank</b> 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	16 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	17 10 Journal Now 11 Exercise with Natalie 12:15 Rook
20 CLOSED	21 10 Journal Now <b>11 EBPL Susan</b> 12:30 Fellowship	22 10 Journal Now <b>11 EB Police Dept</b> 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	23 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 12:15 Games 6:30 Zumba \$4 60+ \$3	24 10 Journal Now 11 Exercise with Natalie 12:15 Rook
27 9:30 Couples Dance \$4 10 Journal Now <b>11 Pruitt Health Hospice</b> 12:15 Stitches & Rockers 5:30 Variety Dance \$4	28 10 Journal Now <b>11 Dianne' Crafts</b> 12:30 Fellowship 3 Shag Dance Lesson \$	29 10 Journal Now <b>11 Graces Closet Bristol</b> 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	30 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	31 10 Journal Now 11 Exercise with Natalie 12:15 Rook

**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.