



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 2020



## Important Announcements

**March 3rd:** Closed due to voting

**VITA Tax Service:** Free Tax Preparation available on Saturdays Through April 11th. Call (336) 699-5100 (Rhonda) for an appointment.

**Tuesday, March 17th St Patrick's Day:** Wear green and come sample some Irish Apple Cake and Irish Punch.

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

**NEW! Tuesdays at 12:30 Beginners Rook:** Learn to play Rook or just play along for fun and help others learn the game. (Starting March 17th)

**YADKIN VALLEY SENIOR GAMES** registration starts March 1st \$10 register on-line or see your local Senior Center Manager for a registration form. Opening ceremonies will be on May 1st at Surry Community College.

**There is a CRITICAL need for Volunteer Drivers to deliver Meals-on-Wheels to home-bound seniors in East Bend. Please Call And Volunteer Today! (336) 367-3531**  
(Volunteer mileage reimbursement and volunteer insurance may be available.)

### March 26th: Day trip to Greensboro

Shopping at Hamrick's, lunch and a stop at Replacements Warehouse for a look at a specialty shop of dinnerware, china, glassware and more. Shopping and lunch on your own. Register now for your seat on the bus before its full!

### Mark Your Calendar! April 27th at 5:00 pm: Senior Prom Sock Hop Dance

(a Senior Mingle event ) \$5.00 Admission

Location: Yadkin Valley Senior Center ▪ 121 Delos Martin Drive ▪ Jonesville, NC 28642

Dinner: Hot Dogs, Chips and an Ice Cream & Float Bar

Entertainment: Stan Bobbitt Band ▪ 50's Theme Attire Encouraged!

Call to RSVP by April 24th, 2020

### Save the Date! April 30th Day Trip to ride the Catawba Queen on Lake Norman Cost:\$30

Covers transportation, boat ride, and picnic lunch at the Duke Energy Emporium.

Pre-registration Required

**Do you have an idea for a new activity at the Senior Center? Let us know your thoughts and we will poll to see if we will have enough interest to move forward. Call or email (Rhonda) at rbeavers@yveddi.com or (336) 699-5100.**

**TRIP to GRAND CANYON, LAS VEGAS, & HOOVER DAM.** 14 days and 13 nights ▪ 19 meals included ▪ Shopping at your expense ▪ \$1325 per person double occupancy. Call Judy Taylor at (336) 699-2625 or the Senior Center. Departure: June 10-23, 2020

## 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
2 9:30 Couples Dance \$4 10 Journal Now <b>11 Dream Dancers</b> 12:15 Stitches & Rockers <b>3 Shag Dancing lessons\$</b> 5:30 Variety Dance \$4	3 Closed due to voting	4 10 Journal Now <b>11 Fairy Tale Activity</b> 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	5 10 Pickle Ball/Corn Hole games 10 Journal Now 11 Bingo 6:30 Zumba \$4 60+ \$3 7:30 Line Dance \$4	6 10 Journal Now 11 Exercise with Natalie 12:15 Rook 7 Rook
9 9:30 Couples Dance \$4 10 Journal Now <b>11 EBPD David</b> 12:15 Stitches & Rockers <b>3 Shag Dancing lessons\$</b> 5:30 Variety Dance \$4	10 10 Journal Now <b>11 Deputy Diaz</b> <b>12:30 Beginners Rook</b>	11 10 Journal Now <b>11 Carolyn Smitherman</b> 🎵 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	12 10 Pickle Ball/Corn Hole/ games 10 Journal Now 11 Nutrition Bingo 6:30 Zumba \$4 60+ \$3 7:30 Line Dance \$4	13 10 Journal Now <b>10:30 BP checks</b> 11 Exercise with Natalie 7 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 EB Library Susan</b> <b>12:30 Beginners Rook</b>  <b>Happy 🍀 St. Patricks Day</b>	18 10 Journal Now <b>11 Parkwood Place Bingo</b> 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	19 10 Pickle Ball/Corn Hole games 10 Journal Now 11 Bingo 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 <b>11 YC Human Services</b> 12:15 Stitches & Rockers <b>3 Shag Dancing lessons\$</b> 5:30 Variety Dance \$4	24 10 Journal Now <b>11 Crafts w/ Dianne</b> <b>12:30 Beginners Rook</b>  <b>5:30 East Bend Club Off our Rockers</b>	25 10 Journal Now <b>11 1st National Bank</b> 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	26 10 Pickle Ball/Corn Hole games 10 Journal Now 11 Nutrition Bingo 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 <b>11 Mt Valley Hospice</b> 12:15 Stitches & Rockers 5:30 Variety Dance \$4	31 10 Journal Now <b>11 Crayon Craft Day</b> <b>12:30 Beginners Rook</b>		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.