



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence August 2017

## Important Announcements



Novant Health Osteoporosis Clinic and Novant Health FMC Orthopedics Fragility Fracture Services will be presenting an educational program about Osteoporosis and Fragility Fracture Prevention. Our target audience are women and men who are 50 years of age or

older. After the presentation and after lunch we will also be performing bone density screening exams with an ultrasound heel scanner.

**Wednesday August 23, 2017, PowerPoint presentation from 11:00-11:30 and bone density screening from 12:00-2:00.**

**Registration is recommended.**

### NEW !

**Craft Class** starting August 9th and will be held every 2nd Tuesday of each month. Starts at 10AM

Free for seniors 50+ / \$5 per person under 50.

Provided by Polka Dots very own Robin and Diane.

Please register before hand so they will know how many supplies to bring.

New IPAD for senior use while at the center. Learn how to use social media, You Tube, games, Facetime children and grandchildren.

See Rhonda for use and training. (IPAD cannot be taken outside the center)

### Beach Bash

September 12th at 5PM Beach Bash at the Yadkin County Senior Center in Yadkinville. Sponsored by Cigna Health.

Free to seniors.

Food, Fun, and Beach Music. More details to follow.

### Information and Referral


- Fitness Health Promotion
- Senior Games
- Family Support Groups
- Transportation Medical/General
- Caregivers Classes
- Energy Assistance
- Home Repair/ Modification
- Medicaid/Medicare Benefits
- Job Training Placement
- Telephone Reassurance
- Disaster Services
- Long-term Care Facilities
- Rehabilitation Services
- Durable Medical Equipment Asst. Device
- Health Screenings
- Food Distribution
- Tax Preparation Counseling
- Legal Services
- Respite Housing
- Adult Day Care/Day Health
- Reverse Mortgage Counseling
- Home Health Services
- In-home Aide Services
- Hospice Care
- Social Security Benefits
- Community Mental Health
- Congregate/Home Delivered Meals
- Insurance Counseling (SHIIP)
- Report Suspected Abuse, Neglect or Exploitation

**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)



# AUGUST 2017

Mon	Tue	Wed	Thu	Fri
<p><i>Lunch is served daily at 11:30 am for ages 60 &amp; older.</i></p> <p><i>You must be registered.</i></p> <p><i>Contact the Nutrition Site Manager for more information</i></p>	<p>1</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Judy and Roy</p> <p>12 Painting Club</p> <p>7 Sassy Seniors</p>	<p>2</p> <p>10 Journal Now</p> <p>11 Dot's Music</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>3</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Bingo</p> <p>6 Zumba</p> <p>7:30 Line Dance Adv \$4</p>	<p>4</p> <p>9 East Blender</p> <p>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>7</p> <p>10 Journal Now</p> <p>11 Visitation</p> <p>12 Crocheting</p> <p>5:30 Variety Dance</p>	<p>8</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Deputy Diaz</p> <p>12 Painting Club</p> <p>7 Sassy Seniors</p>	<p>9</p> <p>10 Journal Now</p> <p>10 Craft by Polka Dots</p> <p>11 TV/Games</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>10</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Nutrition Bingo</p> <p>6 Zumba</p> <p>7:30 Line Dance Adv \$4</p>	<p>11</p> <p>9 East Blender</p> <p>9 We Honor Veterans</p> <p>10 Journal Now</p> <p>10:30 Blood Pressure </p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>14</p> <p>10 Journal Now</p> <p>11 Mt Valley hospice</p> <p>12 Crocheting</p> <p>5:30 Variety Dance</p>	<p>15</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p><b>11 Domestic Violence</b></p> <p>12 Painting Club</p> <p>6 Quilters Quild</p> <p>7 Sassy Seniors</p>	<p>16</p> <p>10 Journal Now</p> <p>11 Sassy Seniors</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>17</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Bingo</p> <p>6 Zumba</p> <p>7:30 Line Dance Adv \$4</p>	<p>18</p> <p>9 East Blender</p> <p>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>21</p> <p>10 Journal Now</p> <p>11 Georges Band</p> <p>12 Crocheting</p> <p>5:30 Variety Dance</p>	<p>22</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Storytelling w/ Susan</p> <p>12 Painting Club</p> <p>7 Sassy Seniors</p>	<p>23</p> <p>10 Journal Now</p> <p>11 Osteoporosis Screening</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>24</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Nutrition Bingo</p> <p>6 Zumba</p> <p>7:30 Line Dance Adv \$4</p>	<p>25</p> <p>9 East Blender</p> <p>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p><b>6 Paint Party \$</b></p> <p>7 Rook</p>
<p>28</p> <p>10 Journal Now</p> <p>11 VAYA health</p> <p>12 Crocheting</p> <p>5:30 Variety Dance</p>	<p>29</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 <u>Storytelling w/ Susan</u></p> <p>12 Painting Club</p> <p>7 Sassy Seniors</p>	<p>30</p> <p>10 Journal Now</p> <p>11 Likes and Dislikes</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>31</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Nutrition Bingo</p> <p>6 Zumba</p> <p>7:30 Line Dance Adv \$4</p>	 

**Mission Statement:** "To improve or maintain independent wellness for the older adult through advocacy and vigorous programming."