



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence December 2017

Important Announcements



December 7th 5 - 7 PM Holly Jolly Christmas Party

\$10 per person. Music and Comedian Entertainment. Food, Fun and more Fun.

Limited seating. Sponsored by:  WVTV

Event Location: Yadkin County Agricultural & Educational Building
2051 Agricultural Way • Yadkinville, NC 27055

December 8th 6PM Girls Scouts Covered Dish Dinner. The girls scouts are planning a dinner and want to invite seniors to come join them for caroling and fun. Bring a covered dish of your favorite food to share.

December 14th, Day trip to the Fruit Cake Factory Free for congregate clients and \$10 for non-congregate. Trip includes stops to Bojangles for breakfast, Fruit Cake Factory, a cafeteria for lunch, and Hamrick's in Greensboro. Leave East Bend Senior Center at 8AM. Seats are first come first serve. Shopping and food on your own.

December 15th 11:00 AM Christmas Carols by the East Bend Elementary School
Please bring a box of candy canes to share with them.

December 22nd Christmas Party Bring a snack to share and a \$5 gift if you want to participate in the "Dirty Santa" Game.

Holiday/Closing Schedule

December 25 –29, 2017: Christmas Holiday

January 1, 2018: New Years Day

January 15, 2018: Martin Luther King Jr. Day

An IPAD is available 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)

INCLEMENT WEATHER POLICY

The Senior Center follows the same inclement weather closings as the Yadkin County School System.



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



DECEMBER 2017

Mon	Tue	Wed	Thu	Fri
<p><i>Lunch is served daily at 11:30 am for ages 60 & 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>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>4</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Visitation</p> <p>12 Crocheting</p> <p>5:30 Variety Dance \$4</p>	<p>5</p> <p>10 Journal Now</p> <p>11 Judy and Roy</p> <p>12 Painting Club</p> <p>6 Zumba 1 \$4</p> <p>7 Sassy Seniors</p>	<p>6</p> <p>10 Journal Now</p> <p>11 Show & tell</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>7</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Nutrition Bingo</p> <p>6 Zumba 2 \$4</p> <p>7:30 Line Dance Adv \$4</p> <p>HOLLY JOLLY Party</p>	<p>8</p> <p>9 We honor Veterans</p> <p>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p>6 Girl Scouts covered dish</p> <p>7 Rook</p>
<p>11</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Mt. Valley Hospice</p> <p>12 Crocheting</p> <p>5:30 Variety Dance \$4</p>	<p>12</p> <p>10 Journal Now</p> <p>11 Deputy Diaz</p> <p>12 Painting Club</p> <p>6 Zumba 1 \$4</p> <p>7 Sassy Seniors</p>	<p>13</p> <p>10 Journal Now</p> <p>11 Sassy Senior</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>14 Day Trip to Fruit Cake Factory</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Bingo</p> <p>6 Zumba 2 \$4</p> <p>7:30 Line Dance Adv \$4</p>	<p>15</p> <p>10 Journal Now</p> <p>11 Christmas Carols by the East Bend Elem. School</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>18</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Georges Band</p> <p>12 Crocheting</p> <p>5:30 Variety Dance \$4</p>	<p>19</p> <p>10 Journal Now</p> <p>10 Polka Dots Crafts</p> <p>11 Likes and Dislikes</p> <p>12 Painting Club</p> <p>7 Sassy Seniors</p>	<p>20</p> <p>10 Journal Now</p> <p>11 Brain Games</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>21</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Bingo</p> <p>6 Zumba 2 \$4</p> <p>7:30 Line Dance Adv \$4</p>	<p>22</p> <p>Christmas Party</p> <p>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>25</p> <p>CLOSED</p> <p>Christmas Holiday</p>	<p>26</p> <p>CLOSED</p> <p>Christmas Holiday</p>	<p>27</p> <p>CLOSED</p> <p>Christmas Holiday</p>	<p>28</p> <p>CLOSED</p>	<p>29</p> <p>CLOSED</p>

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