



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence November 2016

## Important Announcements

**November 8** - Closed for Elections (this is a voting location)

**November 10** - SHIIP will be here to assist with your Medicare plan. Must have an appointment. Call Rhonda at (336) 699-5100

**November 11** - Closed for Veterans day

**November 15** - Movie at the Library "An Old-Fashioned Thanksgiving"  
Free popcorn



**November 17** - Southern Christmas Show in Charlotte, NC  
\$30 includes breakfast biscuit, coffee, juice or drink, transportation and admission to the Show. Please call to register.

**November 24 & 25** - Closed for Thanksgiving Holiday

**November 26** - Small Town Christmas (East Bend)

Lighting of Town Christmas Tree

Pintos & Chicken stew

Can food will be collected for East Bend Christian Ministries

Door prizes for kids and adults.

Desserts and cornbread are needed. All are welcome to join.



### Upcoming Events—Mark your calendars!

**December 8** - HOLLY JOLLY CHRISTMAS SHOW 5:00-8:00 PM

\$10 - TICKETS GO ON SALE BEGINNING NOVEMBER 7!!!

Includes dinner, 3 entertainment segments, door prizes, and a Jolly ole Time. Doors open at 4:30 at the new Ag building behind the Yadkin branch of Surry Community College on highway 601. Get your tickets!

**December 12** - Day Trip to Mt. Airy (Tinsel & Magic Play) 10:00 a.m.

\$10 includes transportation, shopping (on your own) at Mayberry Mall, lunch (on your own) at Libby Hill Seafood at noon, Tinsel & Magic play (1:30 p.m.), and ice cream on the return!

### 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



We wish you a Safe and Happy Thanksgiving!

# NOVEMBER 2016

Mon	Tue	Wed	Thu	Fri
	1 9:30 Couples Dance \$4 10 Journal Now 11 Judy and Roy 12 Painting Club 7 Sassy Seniors	2 0 Journal Now 10 Yadtel TV/Games 11 Dot Sing-a-long 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	3 10 Adult Coloring 10 Journal Now 11 Bingo 6 Zumba 7:30 Line Dance Adv \$4	4 9 East Blender 10 Journal Now 11 Exercise with Natalie 7 Rook
7 10 Journal Now 11 Fellowshiping 12 Crocheting 5:30 Variety Dance	8 CLOSED FOR VOTING 	9 10 Journal Now 10 Yadtel TV/Games 11 Blood Pressure Checks 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	10 10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 6 Zumba 7:30 Line Dance Adv \$4	11 CLOSED Veterans Day 
14 10 Journal Now 11 Mt. Valley Hospice 12 Crocheting 12:30 Sock Painting for Brenners Childrens Hosp. 5:30 Variety Dance	15 9:30 Couples Dance \$4 10 Journal Now 11 Fellowship 12 Painting Club 12:30 EBPL Movie day 6 Stan Bobbitt Dance 7 Sassy Seniors	16 10 Journal Now 10 Yadtel TV/Games 11 Show and Tell 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	17 10 Adult Coloring 10 Journal Now 11 Bingo 6 Zumba 7:30 Line Dance Adv \$4	18 9 East Blender/ We Honor Veterans 10 Journal Now 11 Exercise with Natalie 7 Rook
21 10 Journal Now 11 George's Band 12 Crocheting 5:30 Variety Dance	22 9:30 Couples Dance \$4 10 Journal Now 11 EBPL Story Telling 12 Painting Club 6 Quilters Quild 7 Sassy Seniors	23 10 Journal Now 10 Yadtel TV/Games 11 Sassy Seniors 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	24 CLOSED  Happy Thanksgiving	25 CLOSED Thanksgiving Holiday
28 10 Journal Now 11 Corn Hole 12 Crocheting 5:30 Variety Dance	29 9:30 Couples Dance \$4 10 Journal Now 11 Brain Games 12 Painting Club 6 Quilters Quild 7 Sassy Seniors	30 10 Journal Now 10 Yadtel TV/Games 11 Likes and Dislikes 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	 	Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information

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