



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence November 2017

Important Announcements

November 1st SHIP will be here to help you with one-on-one insurance counseling. (Jeannie Schepisi, Advisor)
Call for an appointment.

November 17th Be Thankful Day

Join us at 11:30 AM for homemade soups, chicken, potato, & vegetable beef, crackers and dessert.

November 25th Small Town Christmas (East Bend Fire Dept.)

Pintos, Chicken Stew and lots of door prizes.
Donations and canned food will be accepted for the East Bend Christian Ministries.

December 7th Holly Jolly Christmas Party

See Rhonda for more details. Tickets will go on Sale **November 6th**, \$10 per person.
Music and Comedian entertainment. Food, Fun and more Fun. Limited seating.

Holiday/Closing Schedule

- Nov. 7th: Election day
- Nov. 10th: Veterans Day
- Nov 23rd & 24th: Thanksgiving Holiday
- December 25th –27th: Christmas Holiday




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 (SHIP)
- Report Suspected Abuse, Neglect or Exploitation

INCLEMENT WEATHER POLICY

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




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)





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



NOVEMBER 2017

Mon	Tue	Wed	Thu	Fri
<p>Lunch is served daily at 11:30 am for ages 60 & older.</p> <p>You must be registered.</p> <p>Contact the Nutrition Site Manager for more information</p>		<p>1</p> <p>SHIIP Counseling 10 Journal Now 11 Dots Music 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>2</p> <p>10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 6 Zumba 2 \$4 7:30 Line Dance Adv \$4</p>	<p>3</p> <p>9 East Blender 10 Journal Now 11 Exercise with Natalie 7 Rook</p>
<p>6</p> <p>10 Journal Now 11 Visitation 12 Crocheting 5:30 Variety Dance \$4</p>	<p>7</p> <p>CLOSED</p>	<p>8</p> <p>10 Journal Now 11 Show & tell 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>9</p> <p>10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 6 Zumba 2 \$4 7:30 Line Dance Adv \$4</p>	<p>10</p> <p>CLOSED</p> <p>Veteran's Day</p>
<p>13</p> <p>10 Journal Now 11 Mt. Valley Hospice 12 Crocheting 5:30 Variety Dance \$4</p>	<p>14</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz 12 Painting Club 6 Zumba 1 \$4 7 Sassy Seniors</p>	<p>15</p> <p>10 Journal Now 11 Sassy Senior 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>16</p> <p>10 Adult Coloring 10 Journal Now 11 Bingo 6 Zumba 2 \$4 7:30 Line Dance Adv \$4</p>	<p>17</p> <p>9 East Blender 10 Journal Now 11 Exercise with Natalie 11:30 Thankful Day (Soups) 7 Rook</p>
<p>20</p> <p>10 Journal Now 11 Georges Band 12 Crocheting 5:30 Variety Dance \$4</p>	<p>21</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Polka Dots Crafts 12 Painting Club 7 Sassy Seniors</p>	<p>22</p> <p>10 Journal Now 11 Brain Games 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>23</p> <p>CLOSED</p> <p>Thanksgiving Holiday</p>	<p>24</p> <p>CLOSED</p> <p>Thanksgiving Holiday</p>
<p>27</p> <p>10 Journal Now 11 Corn Hole 12 Crocheting 5:30 Variety Dance \$4</p>	<p>28</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Story Telling w/ Susan 12 Painting Club 6 Zumba 1 \$4 47 Sassy Seniors</p>	<p>29</p> <p>10 Journal Now 11 :likes and Dislikes 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>30</p> <p>10 Adult Coloring 10 Journal Now 11 Bingo 6 Zumba 2 \$4 7:30 Line Dance Adv \$4</p>	

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