

# EAST BEND SENIOR COMMUNITY CENTER NEWS



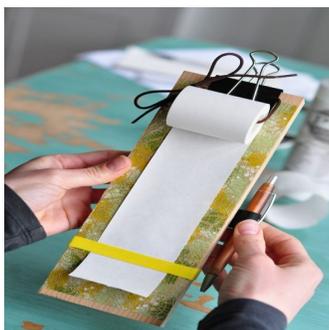
A North Carolina Senior Center of Excellence

April 2015

## Important Announcements

### April 14th at 12:30PM

The April Art Class is a nice Memo Board. If you are interest in making this craft you must sign up by April 9th so that we will have enough materials for everyone. Call the Senior Center register



### April 14th at 11AM Advance Directives

Need a Living Will or Health Care Power of Attorney established? Amy Wilhelm with Mt. Valley Hospice will be in-site to give you all the details. If you do not already have this in place this will be a good opportunity to get it taken care of.



**Pen Pal Program** with New Horizon's Adult Day Health in Yadkinville will be partnering with us for a pen pal letter writing each month and then at the end of the year we will host a Ice Cream Social to meet our pen pals. If you would like to be a bright star in someone's life please see Rhonda to get paired with your pen pal.



**Shag Lessons** with Pat Atkins on Friday nights from 6 to 7PM. No partner needed. \$7 per class or \$20 per month. Come join the fun.

**HAPPY  
EASTER**

### Young at Heart

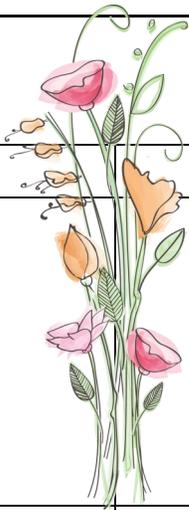
Our Senior Chorus, YOUNG AT HEART are looking for new participants. They meet at the senior center every other Tuesday at 9 AM. They perform at special events and would love for you to come sing with them. Velna Doub is the Choir Leader. Call Rhonda for more details.

### 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
- Report Suspected Abuse, Neglect or Exploitation

Our Newsletter can be found on the YVEDDI website. Click on the senior center tab then arrow down to senior center of your choice There you will find the latest newsletters. You can also like YVEDDI on FACEBOOK.

# April 2015



Monday	Tuesday	Wednesday	Thursday	Friday
		1 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Dots Music Melodies 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game	2 10 Journal Now 11 Easter Party 7:30 Line Dance Adv\$4	3  Closed Good Friday
6 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Favorite Recipe 12 Crocheting 4 Clogging 5:30 Variety Dance	7 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Visitation 12 Painting Club 6:30 7 Sassy Seniors	8 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 BP Checks 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game	9 10 Journal Now 11 Bingo 1 Home Extension Club 7 Ruritans 7:30 Line Dance Adv\$4	10 9 East Blenders 10 Journal Now 11 Left Right Center 11 7 Rook
13 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Birthday party 11 Mt Valley Hospice w/ Amy 12 Crocheting 4 Clogging 5:30 Variety Dance	14 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal No 11 Deputy Diaz (Scams) 12:30 Movie at EBPL the HELP 7 Sassy Seniors	15 10AM-12 BELTONE 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 woo ball 11 BP checks 12:30 .25 cent Bingo 1 Sr Bowling Mt Airy \$1.50 per game	16 10 Journal Now 11 Nutrition Bingo 6 Dance w/Stan Bobbitt\$5 7:30 Line Dance Adv\$4 is Included with the dance	17 9 East Blenders 10 Journal Now 11 tell a joke day 7 Rook
20 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 George Hennings Band 12 Crocheting 4 Clogging 5:30 Variety Dance	21 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 Smokey Mtn. w/Debra 12 Painting Club Movie 7 Sassy Seniors	22 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Moovin & Groovin 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game	23 10 Journal Now 11 Bingo 7:30 Line Dance Adv\$4	24 9 East Blenders 10 Journal Now 11 Word Searches 7 Rook
27 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Show & Tell 12 Crocheting 4 Clogging 5:30 Variety Dance	28 9 Young @ Heart chorus 9:30 Couples Dance \$4 10 Journal Now 11 EBPL Trivia 12 Painting Club Movie 7 Sassy Seniors	29 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Likes & dislikes 12:30 .25 cent BINGO 1 Sr Bowling Mt Airy \$1.50 per game	30 10 Journal Now 11 Bingo Nutritional 7:30 Line Dance Adv\$4	

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

