



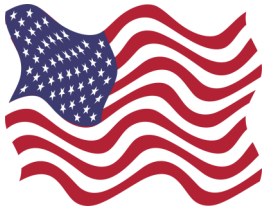
EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

JULY 2017

Important Announcements



Happy 4th of July!

July 1st - East Bend God and Country Celebration

Parade starts at 9:30 AM Activities at the school starts at 11:15 AM. Evening service at 6:30 PM
Fire works behind the senior center 9:30 PM.

July 10th at 11:00 AM

NineWise Aging and Personality Presentation with Allison Brown from Mt. Valley Hospice. Great for caregivers, children and grandchildren. Bring a loved one and learn about your personality type and the types of those you love, live with, and work with. Allison is a Certified Professional Life Coach.

July 18th 11:00 AM - Pickle Day

Bring your favorite pickles, pickled beets, pickled eggs, pickled pigs feet, pickled corn, pickled beans, or any canned pickled variety. Bring and share your favorite.



July 20th - ARE YOU READY? Shatley Springs here we come!!!

Leave at 8:00 AM from the East Bend Senior Center.

Breakfast, a stop at the Fruit Stand, Cheese Factory and a ice cream on the way home at McDonalds in Wilkesboro. \$20 includes transportation, breakfast (tax and tip), and ice cream. Shopping on your own at the Cheese Factory and Fruit Stand.

July 21st Alex's Hotdog and Milkshake Day. Be sure to thank them and let them know how much we appreciate the discount they give us.



July 28th at 6:00 PM

Paint Party

\$30 for 11x14 canvas

\$40 for 16x20 canvas

Refreshments

Instructor: Netta Rabon



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

JULY 2017

Mon	Tue	Wed	Thu	Fri
3 10 Journal Now 11 visitation 12 Crocheting 5:30 Variety Dance	4 CLOSED 	5 10 Journal Now 11 Dot's Music 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	6 10 Adult Coloring 10 Journal Now 11 Bingo 6 Zumba 7:30 Line Dance Adv \$4	7 9 East Blender 10 Journal Now 11 Exercise with Natalie 7 Rook
10 10 Journal Now 11 Mt Valley Hospice Ag- ing & Personality 12 Crocheting 5:30 Variety Dance	11 9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz 12 Painting Club 7 Sassy Seniors	12 10 Journal Now 11 Blood Pressure 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	13 10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 6 Zumba 7:30 Line Dance Adv \$4	14 9 East Blender 9 We Honor Veterans 10 Journal Now 11 Exercise with Natalie 7 Rook
17 10 Journal Now 11 Georges Band 12 Crocheting 5:30 Variety Dance	18 9:30 Couples Dance \$4 10 Journal Now 11 Domestic Violence Edu. 11 PICKLE DAY 12 Painting Club 6 Quilters Quil 7 Sassy Seniors	19 10 Journal Now 11 Sassy Seniors 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	20 8 Shatley Springs Trip \$20 10 Adult Coloring 10 Journal Now 11 Bingo 6 Zumba 7:30 Line Dance Adv \$4	21 9 East Blender 10 Journal Now 11 Exercise with Natalie 11:30 Alex's Special \$ 7 Rook
24 10 Journal Now 11 Vaya Health 12 Crocheting 5:30 Variety Dance	25 9:30 Couples Dance \$4 10 Journal Now 11 Storytelling w/ Susan 12 Painting Club 7 Sassy Seniors	26 10 Journal Now 11 Likes and Dislikes 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	27 10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 6 Zumba 7:30 Line Dance Adv \$4	28 9 East Blender 10 Journal Now 11 Exercise with Natalie 6 Paint Party \$ 7 Rook
31 10 Journal Now 11 Show @ Tell 12 Crocheting 5:30 Variety Dance		<i>Lunch is served daily at 11:30 am for ages 60 & older.</i> <i>You must be registered.</i> <i>Contact the Nutrition Site Manager for more information</i>		

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

Rhonda Beavers, Manager • 336-699-5100