



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2018

## Important Announcements

### Holiday/Closing Schedule

January 1, 2018: New Years Day

January 15, 2018: Martin Luther King Jr. Day

### January 16 - Soup/Pinto Bean Day

Bring soup, pintos, or cornbread for a pot luck meal for lunch. Chow-chow, onions, and beets will be good too. This will be good on a cold winter day.

January 24 - Dr. Munn will be here to give tips and information on healthy eyes.

### VITA Tax Preparation

Certified IRS-trained tax preparers will prepare simple tax returns FREE for individuals and families with 2017 household income of less than \$54,000.

Starting the first Saturday in February at the East Bend Public Library

Must have an appointment. You must call the **senior center** for that appointment at (336) 699-5100 **DO NOT THE LIBRARY**

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

What do you get from sitting on snow too long?

Polaroids.

What do snowmen eat for breakfast?

Frosted Flakes.

What do you call a old snowman?

Water.



### 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](http://www.yadkincountyunitedfund.org)



# JANUARY 2018

Mon	Tue	Wed	Thu	Fri
1 <b>CLOSED</b> New Year's Day	2 10 Journal Now 11 Judy and Roy 12 Painting Club 6 Zumba 1 \$4 7 Sassy Seniors	3 10 Journal Now 10 Yattel tv & Games 11 Dots music 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	4 10 Journal Now 11 Nutrition Bingo 6 Zumba 2 \$4 7:30 Line Dance Adv \$4	5 10 Journal Now 11 Exercise with Natalie 7 Rook
8 9:30 Couples Dance \$4 10 Journal Now 11 Visitation 12 Crocheting 5:30 Variety Dance \$4	9 10 Journal Now 11 Deputy Diaz 12 Painting Club 6 Zumba 1 \$4 7 Sassy Seniors	10 10 Journal Now 11 Yattel tv & Games 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	11 10 Journal Now 11 Nutrition Bingo 6 Zumba 2 \$4 7:30 Line Dance Adv \$4	12 9 We honor Veterans 10 Journal Now 11 Exercise with Natalie <b>Cancelled</b> 7 Rook
15 <b>CLOSED</b> Martin Luther King, Jr. Day	16 10 Journal Now 11 Polka Dots, Crafts 12 Painting Club 6 Zumba 1 \$4 7 Sassy Seniors	17 10 Journal Now 10 Yattel tv & Games 11 Sassy Senior 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	18 10 Journal Now 11 Bingo 6 Zumba 2 \$4 7:30 Line Dance Adv \$4	19 10 Journal Now 11 BP checks 11 Exercise with Natalie 7 Rook
22 9:30 Couples Dance \$4 10 Journal Now 11 Georges Band 12 Crocheting 5:30 Variety Dance \$4	23 10 Journal Now 10 Story Telling w/ Susan 11 Likes and Dislikes 12 Painting Club 6 Zumba 1 \$4 7 Sassy Seniors	24 10 Journal Now 10 Yattel tv & Games 11 Eye Dr "Educational" 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	25 10 Journal Now 11 Bingo 6 Zumba 2 \$4 7:30 Line Dance Adv \$4	26 10 Journal Now 11 Exercise with Natalie 7 Rook
29 9:30 Couples Dance \$4 10 Journal Now 11 Visitation 12 Crocheting 5:30 Variety Dance \$4	30 10 Journal Now 11 Likes and Dislikes 12 Painting Club 6 Zumba 1 \$4 7 Sassy Seniors	31 10 Journal Now 10 Yattel tv & Games 11 Brain Games 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	Lunch is served daily at 11:30 am 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."