



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2017

Important Announcements

Beach Bash

Sept. 12th at 5 PM Beach Bash at the Yadkin County Senior Center in Yadkinville.

Sponsored by Cigna Health Spring.

Free to seniors 55 and over

Food, Fun, and Beach Music.

Sept. 21st at 10:00 AM Crafts by Polka Dots Pre-registration is required

Call (336) 699-5100 to register

Sept. 27th at 10:00–11:30 AM Estate Planning

Free presentation by Salem Law Estate Planning and Elder Law. "How to Protect your Assets and your Loved Ones"

Sept. 29th at 6:00 PM Paint Party Pre-registration is required

Call (336) 699-5100 to register

New IPAD for senior use while at the center. Learn how to use social media, YouTube, games, Facetime children and grandchildren. See Rhonda for use and training. (IPAD cannot be taken outside the center)

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

SAVE THE DATE **INFORMATION FAIR**

OCTOBER 13th 1-4 PM at
YVEDDI office in Booneville

Transportation will be provide if
you do not drive.

Flu Shots, Medicare and Medi-
care Part D information will be
provided.

More details to come.

You don't want to miss it!



Paint Party
Instructor: Netta Rabon

\$30 for 11x14 canvas
\$40 for 16x20 canvas

• Refreshments •

FRIDAY Sept. 29
6:00 - 9:00 PM

East Bend Senior Center
473 East Main Street • East Bend, NC 27018
(336) 699-5100

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

SEPTEMBER 2017

Mon	Tue	Wed	Thu	Fri
<p><i>Lunch is served daily at 11:30 am for ages 60 & older.</i></p> <p><i>You must be registered.</i></p> <p><i>Contact the Nutrition Site Manager for more information</i></p>				<p>1</p> <p>9 East Blender</p> <p>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>4</p> <p>CLOSED</p>	<p>5</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Judy and Roy</p> <p>12 Painting Club</p> <p>6 Zumba 1 \$4</p> <p>7 Sassy Seniors</p>	<p>6</p> <p>10 Journal Now</p> <p>11 Dots music 12:30</p> <p>Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>7</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Nutrition Bingo</p> <p>6 Zumba 2 \$4</p> <p>7:30 Line Dance Adv \$4</p>	<p>8</p> <p>9 East Blender</p> <p>9 We Honor Veterans</p> <p>10 Journal Now</p> <p>10:30 Blood Pressure</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p> 
<p>11</p> <p>10 Journal Now</p> <p>11 Mt Valley hospice</p> <p>12 Crocheting</p> <p>5:30 Variety Dance \$4</p>	<p>12</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Deputy Diaz</p> <p>12 Painting Club</p> <p>6 Quilters Quild</p> <p>6 Zumba 1 \$4</p>	<p>13</p> <p>10 Journal Now</p> <p>11 Sassy Seniors</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>14</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Bingo</p> <p>6 Zumba 2 \$4</p> <p>7:30 Line Dance Adv \$4</p>	<p>15</p> <p>9 East Blender</p> <p>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>18</p> <p>10 Journal Now</p> <p>11 Georges Band</p> <p>12 Crocheting</p> <p>5:30 Variety Dance \$4</p>	<p>19</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>10 Craft by Polka Dots</p> <p>12 Painting Club</p> <p>6 Zumba 1 \$4</p> <p>7 Sassy Seniors</p>	<p>20</p> <p>10 Journal Now</p> <p>11 Osteoporosis Screening</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>21</p> <p>10 Adult Coloring</p> <p>10 Craft Class</p> <p>10 Journal Now</p> <p>11 Nutrition Bingo</p> <p>6 Zumba 2 \$4</p> <p>7:30 Line Dance Adv \$4</p>	<p>22</p> <p>9 East Blender</p> <p>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>25</p> <p>10 Journal Now</p> <p>11 Likes and Dislikes</p> <p>12 Crocheting</p> <p>5:30 Variety Dance \$4</p>	<p>26</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 <u>Storytelling w/ Susan</u></p> <p>12 Painting Club</p> <p>6 Zumba 1 \$4</p> <p>47 Sassy Seniors</p>	<p>27</p> <p>10 Journal Now</p> <p>11 Estate Planning</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>28</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Nutrition Bingo</p> <p>6 Zumba 2 \$4</p> <p>7:30 Line Dance Adv \$4</p>	<p>29</p> <p>9 East Blender</p> <p>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p>6 Paint Party \$30</p> <p>7 Rook</p>

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

Rhonda Beavers, Manager • 336-699-5100