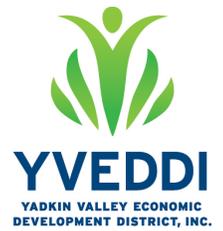




EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 2019

Important Announcements

Happy Halloween

NEW Shag Dance Lessons: Every 1st, 2nd, and 4th Monday at 3 pm
(None on the 3rd Monday)
\$4 per class ▪ Instructor: Judy Taylor

Every Thursday at 12:15 pm: Rook (Everyone welcome to play or learn)

October 14th at 10:45 am: Elder Law Clinic from Wake Forest Law School
Don't miss it! BE HERE EARLY!

**October 15th at 6:00 pm (Every 3rd Tuesday):
"Tuesday Night Supper and BINGO"**

BINGO WILL START AT 6:30 PM Don't forget your quarters! Guests are asked to bring a dish of food to share with friends, such as a casserole or dessert. The Senior Center will supply paper products and drinks.

October 17th from 1:00 to 3:00 pm: Information & Wellness Fair

Flu Shots will be available (bring your insurance card)

Location: YVEDDI District Office

533 N. Carolina Ave. Hwy. 601N ▪ Boonville, NC 27011

October 18th at 1:00 to 3:30 pm: Senior Fun Day

Fun, Prizes, Food, Games, Information and more!!!

Yadkinville Untied Methodist Church ▪ 204 West Main Street ▪ Yadkinville, NC

October 29 at 5 pm: Senior Mingle (Pre-registration required by: October 25)

Dinner: Witches Brew and Goblin Stew

Location: Yadkin County Senior Center in Yadkinville

Free event but donations will be accepted and appreciated.

October 22nd at 5:30 pm: (Every 4th Tuesday) East Bend Off Our Rockers Club

(Free) pre-registration required

All "East Bend" residents 55 and older are welcome.

Dinner will be provided. Donations will be accepted and appreciated.

October 31 Halloween BINGO Party. Bring snacks and dress in costume if you like for a gobbling good time.

November 12th Thanks for Giving Soup Day starting at 11:00 am

November 12th at 5:00 pm: Single Mingle More information to follow

December 10th Senior Christmas Party (Yadkinville) More information to follow.

Holiday Schedule:

Nov. 5th (Voting)

Nov. 11th (Veterans Day)

Nov. 28 & 29 (Thanksgiving)

Christmas/New Year Holiday:

Dec. 23-Jan. 1, 2020

(will reopen Jan 2nd)



Information for Services, Referrals & Assistance

Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- Legal Services
- General and Medical Transportation
- Home Repair/Modification
- Medicare Parts A, B and D
- Congregate Meals/Home Delivered Meals
- Disaster Preparedness
- Report Suspected Abuse, Neglect or Exploitation
- Senior Games
- Telephone Reassurance
- Job Training/Placement
- Durable Equipment/Assistive Devices



Services Offered Through Information, Referral and Assistance:

- Housing Assistance
- Reverse Mortgage Counseling
- Home Health Services/In-home Aide Services
- Medicaid Benefits
- Social Security Benefits
- Long-term Care Facilities
- Rehabilitation Services
- Respite
- Energy Assistance
- Food Distribution
- Adult Day Care
- Mental Health
- Hospice Care

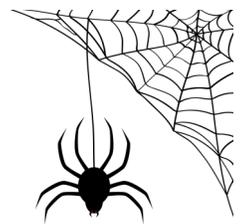
How You Can Give...

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





Mon	Tue	Wed	Thu	Fri
 <p>"like" us on facebook</p>	1 10 Journal Now 11 Judy and Roy 12:30 Fellowship 3 Shag Dance Lesson \$	2 10 Journal Now 11 Dots Music 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	3 10 Pickle Ball/Corn Hole 10 Journal Now 11 Bingo 12:15 games 6 Zumba \$4 60+ \$3 7:30 Line Dance \$4	4 10 Journal Now 11 Exercise with Natalie 7 Rook
	7 9:30 Couples Dance \$4 10 Journal Now 11 Dream Dancers 12:15 Stitches & Rockers 3 Shag Dancing lessons 5:30 Variety Dance \$4	8 10 Journal Now 11 Dept Diaz 12:30 Fellowship 3 Shag Dance Lesson \$	9 10 Journal Now 11 Domestic Violence Bingo 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	10 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 12:15 games 6:30 Zumba \$4 60+ \$3 7:30 Line Dance \$4
14 9:30 Couples Dance \$4 10 Journal Now 10:45 WF Elder Law Clinic 12:15 Stitches & Rockers 3 Shag Dancing lessons 5:30 Variety Dance \$4	15 10 Journal Now 11 Mt Valley Hospice, Sherry 12:30 Fellowship 6 Senior Supper & Bingo	16 10 Journal Now 11 David Shore, EBPD 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	17 Information & Wellness Fair 10 Pickle Ball/Corn Hole 10 Journal Now 11 Bingo 12:15 games 6:30 Zumba \$4 60+ \$3 7:30 Line Dance \$4	18 SENIOR FUN DAY 10 Journal Now 10:30 Blood Pressure Ck. 11 Exercise with Natalie 1 Senior Fun Day Yadkinville United Methodist Church 7 Rook
21 9:30 Couples Dance \$4 10 Journal Now 11 Georges Band 12:15 Stitches & Rockers 5:30 Variety Dance \$4	22 10 Journal Now 11 Diane's Crafts 12:30 fellowship 5:30 East Bend Off Our Rockers Club 3 Shag Dance Lesson \$	23 10 Journal Now 11 Lynn's Medical Loan Closet, Bill 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	24 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 12:15 games 6:30 Zumba \$4 60+ \$3 7:30 Line Dance \$4	25 10 Journal Now 11 Exercise with Natalie 7 Rook
28 9:30 Couples Dance \$4 10 Journal Now 11 Rid A Bug, Marty 3 Shag Dancing lessons 12:15 Stitches & Rockers 5:30 Variety Dance \$4	29 SENIOR MINGLE 10 Journal Now 11 Bud Davis, Singing 12:30 Fellowship 5 Senior Mingle at YCSC	30 10 Journal Now 11 Village Care, King 12:30 Quarter BINGO 1:00 Sr. Bowling Mt Airy \$1.50 per game	31 Halloween 10 Pickle Ball/Corn Hole 10 Journal Now 11 Bingo & Party 12:15 games 6:30 Zumba \$4 60+ \$3 7:30 Line Dance \$4	Lunch is served daily at 11:30 a.m. for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.

Mission Statement: To improve and maintain independent wellness for the senior community through advocacy, nutrition, volunteerism and vigorous programming to promote healthy minds, bodies and spirits.