



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

September 2023

Important Announcements

Each 1st Tuesday at 10:30 AM: Dream Dancers Performance

Every Monday at 10 AM: Cardio Drumming with You Tube

10:30 AM: \$1 prize bingo

Every Tuesday at 10 AM: Beginner's Rook

Every Tuesday evening: Dancing with Judy

4PM: Couples Dance \$4 / 5PM: Beginners Dance Mix \$4 / 6PM: Line Dance \$4

Each 1st Wednesday at 10:30 AM: Dot's Music

Every Wednesday at 10 AM: Chair Volleyball

Every Thursday at 10:00 AM: Exercise with Natalie **NEW TIME**

Every Thursday at 10:30 AM: QUARTER BINGO **NEW DAY/NEW TIME**

Every Thursday at 10 AM-12 PM: Crochet Club If you don't crochet and would like to learn or sit and chitchat come visit us. Some play cards and some crochet. We will have coffee and tea. You can bring a snack if you'd like.

Every Friday 10 AM: Spades

Every Friday 10:30 AM: Share Day

September 29 at 10:30 AM: Crafts

Registration required by: September 25

Facebook Live Virtual Activities:

- Exercise with Natalie Williams will be shared from the Yadkin County or Yadkin Valley Senior centers as they post them.
- **POSTPONED UNTIL FURTHER NOTICE:** Tuesdays at 9 AM: We will have a live chat with the DART Ladies, That's Dee, Aileen, Rhonda and Terri. We will discuss recipes and maybe a joke or two. Watch a while, comment on our feed and lets have some fun.

Every Friday at 1 PM: Bowling at Mt Airy Lanes **NEW TIME**

Senior price is \$1.50 per game plus fee for shoe rental

(This fee is only valid for Friday Senior Bowling at 1 PM.)



Donated walkers and canes available for loan use. See Aileen



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
- H▪ 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



SEPTEMBER 2023



Mon	Tue	Wed	Thu	Fri
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.	YVEDDI EAST BEND SENIOR CENTER FACEBOOK PAGE is where you will find the LIVE with Natalie and the Monthly LIVE with Deputy O'Leary			1 10 Beginner's Spades 10:30 Share Day 11:30 Lunch 1 Senior Bowling 7 PM ROOK
4 CLOSED Happy Labor Day!	5 9 Live with DART Postponed 10 Beginner's Rook 10:30 Dream Dancers 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	6 10 Chair Volleyball 10:30 Dot's Music 11:30 Lunch	7 10 Crocheting Club 10 Exercise with Natalie 10:30 Quarter Bingo 11:30 Lunch	8 10 Beginner's Spades 10:30 Services for the Blind Program 11:30 Lunch 1 Senior Bowling 7 PM ROOK
11 10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch	12 9 Live with DART Postponed 10 Beginner's Rook 10:30 Health Program 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	13 10 Chair Volleyball 10:30 East Bend Police Department: Safety 11:30 Lunch	14 10 Crocheting Club 10 Exercise with Natalie 10:30 Quarter Bingo 11:30 Lunch	15 10 Beginner's Spades 10:30 Beltone Hearing: Hearing Tests 11:30 Lunch 1 Senior Bowling 7 PM ROOK
18 10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch	19 9 Live with DART Postponed 10 Beginner's Rook 10:30 EMS Health Program 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	20 10 Chair Volleyball 10:30 Home Instead Senior Care Health Program 11:30 Lunch	21 10 Crocheting Club 10 Exercise with Natalie 10:30 Quarter Bingo 11:30 Lunch	22 10 Beginner's Spades 10:30 Share Day 11:30 Lunch 1 Senior Bowling 7 PM ROOK
25 10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch	26 9 Live with DART Postponed 10 Beginner's Rook 10:30 Story Time with Susan from EB Public Library 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$	27 10 Chair Volleyball 10:30 Deputy O'Leary Safety Program 11:30 Lunch	28 10 Crocheting Club 10 Exercise with Natalie 10:30 Quarter Bingo 11:30 Lunch	29 10 Beginner's Spades 10:30 Craft 11:30 Lunch 1 Senior Bowling 7 PM ROOK

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.