



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

June 2024

What's Happening...

Every Monday at 10:30 AM: QUARTER BINGO

Monday evenings: Dancing with Judy and the Dream Dancers—**NEW TIME & DAY**

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

2nd Tuesday of the month at 3 PM: East Bend Happy Quilters

Saturday, June 21st 9AM: East Bend Happy Quilters Sew day

2nd Tuesday of the month at 10:30 AM: Vaya Health— Neurocognitive Disorders and the Basics of Dementia: Top 4 Dementias

Tuesdays at 10 AM: Beginner's Rook

Wednesdays at 10 AM: Chair Volleyball

Thursdays at 10:00 AM: Exercise

Thursdays at 10:30 AM: \$1 Prize Bingo

Thursdays at 10 AM-12 PM: Crochet Club: All Skill Levels are Welcome

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

Senior price is \$2.00 per game plus fee for shoe rental
(This fee is only valid for Friday Senior Bowling at 1 PM.)



NEW:

June 19th at 10:30 AM: Craft Class

Registration required by June 14th. This class is free however, contributions are accepted and appreciated. Call EBSC at 336.699.5100 to register.

June 27 at 4 PM: Widows/Widowers Supper at East Bend Senior Center

Sponsored by Gentry Family Funeral Services. POT LUCK. Bring a side dish or dessert. Main entrée and drinks are provided. **MUST PRE-REGISTER BY June 21st.** Call 336.699.5100 to register.

Special Events:

Friday June 14th at 10 AM: Flag Day Celebration

Light refreshments will be served.

Registration Requested call 336.699.5100 for more information

Monday, June 3rd from 11:30 AM – 2:00 PM: The Farm will be bringing their veggie van to EBSC to sell peaches and blackberries!

Upcoming Events:

Monday July 8th from 11:30 am-2:00 pm: The Farm will be bringing their veggie van to EBSC to sell produce!

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



JUNE 2024



Mon	Tue	Wed	Thu	Fri
All of our virtual programs can be found on East Bend Senior Center Facebook Page	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.			
3 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 11:30 am – 2:00 pm The Farm Peaches & Blackberries! 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	4 10:00 Beginner's Rook 10:30 Dream Dancers 11:30 Congregate Lunch	5 10:00 Chair Volleyball 10:30 Dot's Music 11:30 Congregate Lunch	6 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch Senior Games Silver Arts Day!	7 10:00 Beginner's Spades/ Rook 10:30 Blood Pressure Checks 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
10 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	11 10:00 Beginner's Rook 10:30 Vaya Health 11:30 Congregate Lunch 3:00 East Bend Happy Quilters	12 10:00 Chair Volleyball 10:30 Talk with Brandon 11:30 Congregate Lunch	13 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	14 10:00 Beginner's Spades/ Rook 10:00 Flag Day Celebration 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
17 10:00 Cardio Drumming 10:25 Talk with Terry 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	18 10:00 Beginner's Rook 10:30 EMS Health Talk 11:30 Congregate Lunch	19 10:00 Chair Volleyball 10:00 Craft Day 11:30 Congregate Lunch	20 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	21 10:00 Beginner's Spades/ Rook 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
24 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	25 10:00 Beginner's Rook 10:30 Story Time with Susan 11:30 Congregate Lunch	26 10:00 Chair Volleyball 10:00 Deputy O'Leary 11:30 Congregate Lunch	27 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 4:00PM Widow/Widower Supper	28 10:00 Beginner's Spades/ Rook 11:30 Congregate Lunch 1:00 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.

Heather Handy, Manager • (336) 699-5100