



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

September 2024

What's Happening...

Every Monday at 10:30 AM: QUARTER BINGO

Monday evenings: Dancing with Judy and the Dream Dancers

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

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

September 21st at 9 AM: East Bend Happy Quilters Sew day

2nd Tuesday of the month at 10:30 AM: Partners Health Management - Crisis Prevention

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-

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



September 25th at 10:00 AM: Craft Class

Registration required by August 16th. This class is free however, contributions are accepted and appreciated. Call EBSC at 336.699.5100 to register.

September 24th 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 September 20th. Call 336.699.5100 to register.

NEW:

September 9th at 12 PM - Lunch and Learn with Emily from Second Harvest Food Bank. Come join us as Emily teaches us Healthy cooking habits.
Registration requested.

September 18th at 10:30 AM - Talk with Heather Poindexter—Planning for the Future



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



SEPTEMBER 2024



Mon	Tue	Wed	Thu	Fri
2 CLOSED 	3 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Dream Dancers 11:30 Congregate Lunch	4 10:00 Chair Volleyball 10:30 Dot's Music 11:30 Congregate Lunch	5 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	6 10:00 Beginner's Spades/ Rook 10:30 Reminisce 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
9 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 12:00 Lunch and Learn with Emily 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	10 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Partners Health Management - Dementia Sensory 11:30 Congregate Lunch 3:00 East Bend Happy Quilters	11 10:00 Chair Volleyball 10:30 Talk with Brandon 11:30 Congregate Lunch	12 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	13 10:00 Beginner's Spades/ Rook 10:30 Blood Pressure Checks 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
16 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 \$	17 9:30 Walking to Music 10:00 Beginner's Rook 10:30 EMS Health Talk with Thomas 11:30 Congregate Lunch	18 10:00 Chair Volleyball 10:30 Talk with Heather Poindexter—Planning for the Future 11:30 Congregate Lunch	19 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	20 10:00 Beginner's Spades/ Rook 10:30 Craft Class 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
23 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	24 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Story Time with Susan 11:30 Congregate Lunch 4:00 Widow Widower Supper	25 10:00 Chair Volleyball 10:30 Deputy O'Leary 11:30 Congregate Lunch 1:00 Craft Class	26 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	27 10:00 Beginner's Spades/ Rook 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
30 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$			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.

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.