



# EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

November 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**

**No Sew Day This Month.**

**2nd Tuesday of the month at 10:30 AM: Partners Health Management**

**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.)*



## Special Events:

**Nov. 14th at 12:00-** Lunch & Learn with Emily from Second Harvest Food Bank

**Nov. 15th at 10:30 AM: Craft Class**

Registration required by Nov. 8th. This class is free however, contributions are accepted and appreciated. Call EBSC at 336.699.5100 to register.

**Nov. 21st at 10:30 AM: Thanksgiving Bingo** Bring a snack to share and play thanksgiving BINGO!

**Nov. 21st 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 Nov. 15th.** Call 336.699.5100 to register.

## 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](http://www.yadkincountyunitedfund.org)



# NOVEMBER 2024



Mon	Tue	Wed	Thu	Fri
<p><b>All of our virtual programs can be found on East Bend Senior Center Facebook Page</b></p>	<p>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older.</p> <p>You must be registered. Contact the Nutrition Site Manager for more Information.</p>			<p>1 10:00 Beginner's Spades/ Rook 10:30 <b>Reminisce</b> 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p>4 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>5 <b>Closed for Voting!</b></p> 	<p>6 10:00 Chair Volleyball 10:30 <b>Music Time</b> 11:30 Congregate Lunch</p>	<p>7 10:00 Crocheting Club 10:00 <b>Chair Exercise</b> 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>8 10:00 Beginner's Spades/ Rook 10:30 <b>Blood Pressure Checks</b> 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p>11 <b>CLOSED</b> Honoring the service of our former United States Armed Forces personnel</p> 	<p>12 9:30 Walking to Music 10:00 Beginner's Rook 10:30 <b>Partners Health Management</b> 11:30 Congregate Lunch 3:00 East Bend Happy Quilters</p>	<p>13 10:00 Chair Volleyball 10:30 <b>Talk with Brandon</b> 11:30 Congregate Lunch</p>	<p>14 10:00 Crocheting Club 10:00 <b>Chair Exercise</b> 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 12:00 <b>Lunch &amp; Learn with Emily from Second Harvest Food Bank</b></p>	<p>15 10:00 Beginner's Spades/ Rook 10:30 <b>Craft Day</b> 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p>18 10:00 Cardio Drumming 10:25 <b>Talk with Terry</b> 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>19 9:30 Walking to Music 10:00 Beginner's Rook 10:30 <b>EMS Health Talk</b> 11:30 Congregate Lunch</p>	<p>20 10:00 Chair Volleyball 10:30 <b>Talk with Heather Poindexter— Stop the Calls</b> 11:30 Congregate Lunch</p>	<p>21 10:00 Crocheting Club 10:00 <b>Chair Exercise</b> 10:30 <b>Thanksgiving Bingo</b> 11:30 Congregate Lunch 4:00 <b>Widow Widower Supper</b></p>	<p>22 10:00 Beginner's Spades/ Rook 10:30 <b>Share Day</b> 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p>25 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>26 9:30 Walking to Music 10:00 Beginner's Rook 10:30 <b>Story Time with Susan</b> 11:30 Congregate Lunch</p>	<p>27 10:00 Chair Volleyball 10:30 <b>Deputy O'Leary</b> 11:30 Congregate Lunch</p>	<p>28 <b>CLOSED</b></p> 	<p>29 <b>CLOSED</b></p>

**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**