



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 2021

Important Announcements

Happy St. Patrick's Day



This center will remain closed due to Covid-19 at least until April 30th. We will continue to provide Meals on Wheels and frozen meals for registered congregate members.

REMINDER: Daylight Savings Time: Sunday, March 14, 2021

Facebook Live Virtual Activities:

- Every Wednesday at 9:30 am: Exercise with Natalie Williams
- The 1st Wednesday of the month at 10:30 am: Safety & Scam Programs with Dept. Diaz from the Yadkin County Sherriff's Department.
- The RAD lady's, Rhonda, Aileen, and Dee will be Facebook Live on Thursdays mornings at 9am. Watch us as we fix quick recipes or share other information
Join us for laughs and giggles and interact with friends.

Facebook search: YVEDDI EAST BEND SENIOR CENTER and "LIKE" our page.

If you have access to the internet or a smart phone but do not have Facebook, call Rhonda for assistance on set up.

Senior Games: March 1st—April 12th is registration dates. If you need a copy you can come by the senior center and pick one up. If you have participated in the past you should have received an email.

March 17 - Saint Patrick's Day come by the senior center from 4-5 PM and pick up some Brunswick stew, crackers and cookies. You must call the senior center and reserve your meal prior to March 16th.

March madness games. We will continue "Guess the Candy" count. You could be the next winner! Marie Rufe was last months winner. Look for it on Facebook.

We will have another Coloring Contest. Come by the center for your coloring sheet. It must be returned by the morning of March 25th for judging. All winners will be announced on the 25th on Facebook.

Please call Rhonda if you need assistance. We are looking forward to hearing from you.

Check out our calendar on the back!

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
1 SENIOR GAMES REGISTRATION BEGINS	2 What kind of birds stick together? Vel-crows Fact: Yellowstone was the first National Park Established by US congress. 1872	3 LIVE exercise with Natalie on Facebook. LIVE with Deputy Diaz	4 LIVE with RAD Rhonda, Aileen and Dee. 9:30 AM Meal & Packet pick up day	5 What is light as air yet the strongest man cannot hold it for 10 minutes. His breath In 1963 Patsy Cline died in a plane crash on this day
8 Crying makes you happier They don't call it a "good cry" for nothing. Studies suggest that <u>crying stimulates the production of endorphins</u> , our body's natural painkiller, and feel-good hormones,	9 On this day in 1964 Ford began its production of its new sports car, the Mustang. At a base price of \$2,368	10 LIVE with Natalie	11 LIVE with RAD 9:30 AM Meal & Packet pick up day	12 WEEKEND RECIPE Lucky Charms treats 5 tablespoons butter 1 bag large marshmallows 6 cups lucky charms cereal Melt altogether in a saucepan spread out on cookie sheet and yum
15 watch your corn flakes In 2008, two Virginia sisters found a corn-flake that was shaped like the state of Illinois, and sold it on eBay for \$1,350.	16 <u>Everything You Do Is Right Day</u> This is a national day thank goodness, today we wont get or say anything wrong. HAHHAHAHA lets see if this is true.	17 St. Patrick's Day LIVE with Natalie Brunswick stew pick up 4-5pm 	18 LIVE with RAD 9:30 AM Meal & Packet pick up day	19 National Lets Laugh day 
22 3 ingredient BBQ 1 2 pound pork shoulder 1 12 ounce can of root beer 1 18 ounce bottle of bbq sauce. Cook in slow cooker for 6 hours or until tender	23 Yipee it is National West Virginia Day Did you know the first toothbrush was invented in WV? If it had been invented anywhere else it would have been called the teethbrush. I can tell that because I'm from West Virginia.	24 LIVE with Natalie	25 LIVE with RAD 9:30 AM Meal & Packet pick up day Drop off Color pages & Last day to guess the candy	26 LIVE ANNOUNCEMENT of the WINNERS
29 Riddle: What question can you never answer yes to? Answer: Are you asleep yet? 6. Riddle: What is always in front of you but can't be seen? Answer: The future	30 Fact A woman in Sweden lost her wedding ring while cooking for Christmas in 1995. She looked everywhere for it, But she wouldn't see it again until 2012. While gardening 16 years later, the woman found the ring around a carrot that was sprouting in the middle of it. The only explanation was that the ring must have been lost in vegetable peelings that were turned into compost.	31 LIVE with Natalie		

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.