



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

May 2021

Important Announcements

This center will remain closed due to Covid-19 at least until May 31,2021. We will continue to provide Meals on Wheels and frozen meals for registered congregate members.

MAY IS OLDER AMERICANS MONTH lets celebrate with a cookout. On Wednesday May 26th @ lunchtime 12-2PM come by for a hotdog, chips, drinks, & banana pudding. We will also have music playing and having a outside cake walk. Cupcake walk will be \$.25 per walk and the winner will get to choose a delicious cupcake (many different flavors will be available). All activities will be outside (you can use our rockers or bring your lawn chair). Social distancing & masks required (unless eating). Or you can take your hotdog plate home.



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.

"Guess the Candy" count. You could be the next winner! Look for it on Facebook.

Quarter BINGO (on warm days outside) We will call you with date/time. If you want to be on our call list for updates on Bingo, call (336) 699-5100.

Check out our calendar on the back!

On May 7th we will celebrate Mother's Day with a drive thru flower pick up event. Any senior center mother can participate.



Coming Soon Technology Classes

We are very excited to offer this training for beginner and intermediate users of smart phones and tablets.

No device? No problem! We have iPads and android tablets that we can loan to you, giving you a chance to "test drive."

For more information or to register, contact Rhonda at (336) 699-5100

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
<p>3 fun fact The "Windy City" name has nothing to do with Chicago weather: Chicago's nickname was coined by 19th-century journalists who were referring to the fact that its residents were "windbags" and "full of hot air."</p>	<p>4 Poor people have it. Rich people need it. If you eat it you die. What is it? Nothing</p>	<p>5 LIVE with Deputy Diaz LIVE with Natalie</p>	<p>6 LIVE with RAD 9:30 AM Meal & Packet pick up day</p>	<p>7 Mother's Day event drive by flower pick up for mothers of the Senior Center.</p> 
<p>10 Riddle to read Is it legal for a man to marry his widow's sister? Its not illegal however its impossible since he must die first.</p>	<p>11 Strawberries are ready DID you know strawberries Prevent Heart Attacks. A study from the Harvard Medical School found that regularly eating strawberries and blueberries greatly reduces the risk of heart attack</p>	<p>12 LIVE with Natalie</p>	<p>13 LIVE with RAD 9:30 AM Meal & Packet pick up day</p>	<p>14 this day in history English physician Edward Jenner vaccinates an 8-year-old boy for protection against smallpox.</p>
<p>17 FACT You only have two body parts that never stop growing Human noses and ears keep getting bigger, even when the rest of the body's growth has come to a halt.</p>	<p>18  U.S. President Ronald Reagan sticks his thumbs in his ears, wiggles his fingers and says to the press "I've been waiting years to do this." 1983</p>	<p>19 LIVE with Natalie</p>	<p>20 LIVE with RAD 9:30 AM Meal & Packet pick up day</p>	<p>21 What do you get when you cross a cow with a trampoline? A milkshake!</p>
<p>24 What does even the wisest man often overlook? His NOSE</p>	<p>25 They bring tears to your eyes A smile to your face It was another time It was another place MEMORIES</p>	<p>26 LIVE with Natalie OLDER AMERICANS MONTH COOKOUT AND CAKE WALK.</p> 	<p>27 LIVE with RAD 9:30 AM Meal & Packet pick up day Last day to guess the candy</p>	<p>28 LIVE ANNOUNCEMENT of the WINNERS</p>
<p>31 CLOSED Memorial Day <i>Remembering the men and women who died while serving our country.</i></p>			<p>Happy Mother's Day!</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.