



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

June 2021

Important Announcements

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

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 Sheriff'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.

JUNE 9th: VIRTUAL SENIOR GAMES Silver Follies Show

Go to [Surry County Parks and Recreation Facebook page](#)

IN PERSON ACTIVITIES

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

Natalie is coming back the 1st Thursday in June starting at 10AM (on the front porch) For a low impact exercise come join us for **Exercise with Natalie**

Technology Classes: Starting IPHONE/IPAD APPLE products Wednesday June 3rd at 12PM at the East Bend Senior Center

- 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

Monday, June 14th at 11 AM: We will be celebrating Flag Day with an Ice Cream Sundae Social. Join us for the recognition of our GRAND OLE FLAG and a few patriotic songs.

Treats for Father's Day will be given out on Friday, June 18th. It will be drive by pick-up between 10:00-11:00AM

Happy Father's Day!

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



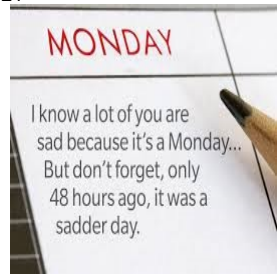
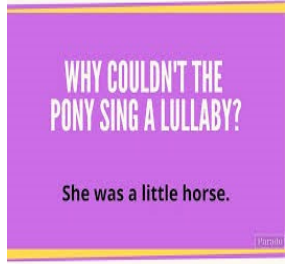

How You Can Give...

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 SUN SAFETY TIPS Ware Hats Sunglasses Sun-protective clothing lip balm with SPF stay in the shade Stay hydrated	2 LIVE with Deputy Diaz LIVE with Natalie 12 PM Apple Technology class	3 LIVE with RAD 9:30 AM 10 AM Exercise with Natalie outside Meal & Packet pick up day	4 QUOTE OF THE DAY IF we don't change direction soon, we'll end up where we're going. Professor: Irwin Corey
7  <p>Instead of the John I call my bathroom the Jim! That way it sounds better when I say I go to the Jim first thing every morning!!!</p>	8 Today is national best friends day Call them send them a card or have lunch together	9 LIVE with Natalie 12 PM Apple Technology class SENIOR GAMES Silver fol-lies show VIRTUAL go to Surry County parks and	10 LIVE with RAD 9:30 AM 10 AM Exercise with Natalie outside Meal & Packet pick up day	11 What do we return but never borrow? A THANK YOU
14 FLAG DAY ICE CREAM SUNDAE Day starts at 11AM	15 QUOTE OF THE DAY Yesterday's the past, to-morrow is the future, but todays a gift, that's why its called the present	16 LIVE with Natalie 12 PM Apple Technology class	17 LIVE with RAD 9:30 AM 10 AM Exercise with Natalie outside Meal & Packet pick up day	18 10 AM Father's Day drive through pick up day.
21  <p>MONDAY I know a lot of you are sad because it's a Monday... But don't forget, only 48 hours ago, it was a sadder day.</p>	22 What are the 2 strongest days of the week? Saturday and Sunday, the rest are "week" days	23 LIVE with Natalie 12 PM AppleT echnology class	24 LIVE with RAD 9:30 AM 10 AM Exercise with Natalie outside Meal & Packet pick up day	25  <p>WHY COULDN'T THE PONY SING A LULLABY? She was a little horse.</p>
28 What do you call a bird that's afraid to fly? A chicken	29 go ahead try this The "sixth sick sheik's sixth sheep's sick" is believed to be the toughest tongue twister in the English language.	30 LIVE with Natalie 12 PM Apple Technology class		 <p>facebook "like" us on</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.