



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

August 2021

Important Announcements

This center will remain closed for congregate meals due to Covid-19 at least through August 2021. We will continue to provide Meals on Wheels and meals for registered congregate members. Congregate meals will still be available for pick up on Thursdays 11 AM to noon.

All safety guidelines must be followed for in-person activities.

IN-PERSON ACTIVITIES

NEW: Every Tuesday at 10 AM: Train Domino's (if you don't know how to play we will teach you)

NEW: every Monday \$1 bingo pay \$1 for prizes and we will purchase them. One card per person play until prizes are gone. Starts at 11 AM.

- Every Wednesday from 11 AM –12 PM: Quarter BINGO
- Every Thursday starting at 10 AM: Exercise with Natalie (outside) (low impact exercise)
- Our exercise room will be open everyday for YOU to utilize.
- Every Friday 7 PM: ROOK

Facebook Live Virtual Activities:

- Every Wednesday at 9:30AM Exercise with Natalie Williams
- The 1st Wednesday of the month at 10:30AM: Safety & Scam Programs with Dept. Diaz from the Yadkin County Sheriff's Department.

Note: Since we are opening back up we will no longer be doing "Live with the RAD" ladies anymore

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

APPLE and ANDROID Technology Classes will be every **Monday** in August except the 9th. 2 classes each day for chapters 1- 8

10 AM Apple Technology Class
11 AM Apple Technology Class

1 PM Android Technology Class
2 PM Android Technology Class

Cake Walk and Supper night:

Thursday, August 19th at 5 PM

Don't forget your quarters for the Cake Walk!

Please bring a dessert and a 2 liter drink or tea to share

We will supply the food.

Menu: Lasagna and Salad

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



AUGUST 2021

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>11 \$1 bingo</p> <p>10 Apple Tech Class 1 11 Apple Tech Class 2 1 Android Tech Class 1 2 Android Tech Class 2</p>	<p>3</p> <p>10 Train Domino's</p>	<p>4</p> <p>10:30 LIVE with Deputy Diaz</p> <p>9:30 LIVE Exercise with Natalie</p> <p>11 INSIDE quarter BINGO</p>	<p>5</p> <p>10 Exercise with Natalie</p> <p>11-12 Meal & Packet pick up day</p>	<p>6</p> <p>7 PM ROOK</p>
<p>9</p>	<p>10</p> <p>10 Train Domino's</p> <p>6 Quilters Guild</p>	<p>11</p> <p>9:30 LIVE Exercise with Natalie</p> <p>11 INSIDE quarter BINGO</p>	<p>12</p> <p>10 Exercise with Natalie</p> <p>11-12 Meal & Packet pick up day</p>	<p>13</p> <p>7 PM ROOK</p>
<p>16</p> <p>11 \$1 Bingo</p> <p>10 Apple Tech Class 3 11 Apple Tech Class 4 1 Android Tech Class 3 2 Android Tech Class 4</p>	<p>17</p> <p>10 Train Domino's</p>	<p>18</p> <p>9:30 LIVE Exercise with Natalie</p> <p>11 INSIDE quarter BINGO</p>	<p>19</p> <p>10 Exercise with Natalie</p> <p>11-12 Meal & Packet pick up day</p> <p>5 Cake Walk & Supper Night</p>	<p>20</p> <p>7 PM ROOK</p>
<p>23</p> <p>11 \$1 Bingo</p> <p>10 Apple Tech Class 5 11 Apple Tech Class 6 1 Android Tech Class 5 2 Android Tech Class 6</p>	<p>24</p> <p>10 Train Domino's</p>	<p>25</p> <p>9:30 LIVE Exercise with Natalie</p> <p>11 INSIDE quarter BINGO</p>	<p>26</p> <p>10 Exercise with Natalie</p> <p>11-12 Meal & Packet pick up day</p>	<p>27</p> <p>7 PM ROOK</p>
<p>30</p> <p>11 \$1 Bingo</p> <p>10 Apple Tech Class 7 11 Apple Tech Class 8 1 Android Tech Class 7 2 Android Tech Class 8</p>	<p>31</p> <p>10 Train Domino's</p>			<p>YVEDDI EAST BEND SENIOR CENTER FACEBOOK PAGE</p> <p>Is where you will find the LIVE with Natalie and the Monthly LIVE with Deputy Diaz.</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.