



# 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)

- 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 12th 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

Must register by August 10th!

### 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)



# AUGUST 2021

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

**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.