



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

July 2021

Important Announcements

This center will remain closed for congregate meals due to Covid-19 at least through July 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.

WELCOME BACK Inside!

We will start with a few in-person activities beginning in July!

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

IN-PERSON ACTIVITIES

SPECIAL EVENT:

July 19th starting at 5 PM: Re-Opening Celebration Dinner and Games

You Must Register! Call Rhonda by July 15th, so we can prepare a food count



- 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

Wednesday Technology classes for the month of July will be for Android ONLY.

If you have not had the class and are interested call Rhonda to register.

- 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

More activities and events will be added in August.

Look for the calendar in the next newsletter.

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 Sherriff’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



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
		YVEDDI EAST BEND SENIOR CENTER FACEBOOK PAGE Is where you will find the LIVE with Natalie and the Monthly LIVE with Deputy Diaz.	1 10 AM Exercise with Natalie outside Meal & Packet pick up day	2 7 PM ROOK
5 CLOSED 	6	7 LIVE with Natalie LIVE with Deputy Diaz 11 INSIDE quarter BINGO 12 PM Technology class CANCELLED TODAY ONLY	8 10 AM Exercise with Natalie outside Meal & Packet pick up day	9 7 PM ROOK
12	13	14 LIVE with Natalie on 11 INSIDE quarter BINGO 12 PM Technology class	15 10 AM Exercise with Natalie outside Meal & Packet pick up day	16 7 PM ROOK
19 SPECIAL EVENT Reopening Celebration MEAL AND GAMES 5 PM	20	21 LIVE with Natalie 11 INSIDE quarter BINGO 12 PM Technology class	22 10 AM Exercise with Natalie outside Meal & Packet pick up day	23 7 PM ROOK
26	27	2 LIVE with Natalie 11 INSIDE quarter BINGO 12 PM Technology class	29 10 AM Exercise with Natalie outside Meal & Packet pick up day	30 7 PM ROOK

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.