



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 2021

Important Announcements

This center will remain closed for congregate meals due to Covid-19 at least through **October 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 from 11AM to noon.

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

IN-PERSON ACTIVITIES

- Every Tuesday at 10 AM: Train Domino's (if you don't know how to play we will teach you) **CANCELLED until further notice due to COVID precautions**
- 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 **CANCELLED until further notice due to COVID precautions**

Facebook Live Virtual Activities:

- Every Thursday at 10AM 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.

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

Senior Mingle Dinner & Music (outside event)

October 21st from 5PM until 7PM

Hosted by the Yadkin Valley, Yadkin County and East Bend Senior Centers.

Menu: chicken pie, green beans, potatoes, roll and a dessert.

This event will be free but you must register with your senior center manager. If it rains it will be a drive-thru, pick-up dinner event, so either way Winner Winner Chicken Dinner!

Donations will be accepted and appreciated

Location: Yadkin Valley Senior Center ▪ Delos Martin Drive ▪ Jonesville, NC 28642

OCTOBER 28th Halloween Drive Thru Meal

Menu: meatloaf, mashed potatoes, macaroni and cheese, cooked cabbage, biscuit and dessert. Drive thru to get your treat and meal from 5:30-6PM

Sign up with Rhonda for your meal.

NEW! Every Wednesday at 10:15 AM-10:45 AM: CARDIO DRUMMING We will follow along on a YouTube video for this exercise. We will provide all the balls and drum sticks. Come try it. LETS MAKE SOME NOISE!



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



OCTOBER 2021

Mon	Tue	Wed	Thu	Fri
	<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>			<p>1</p> <p>7 PM ROOK cancelled due to COVID Precautions</p>
<p>4</p> <p>11 \$1 Bingo</p>	<p>5</p> <p>10 Train Domino's cancelled due to COVID Precautions</p> <p>10 Apple Tech Class 1</p> <p>11 Apple Tech Class 2</p> <p>1 Android Tech Class 1</p> <p>2 Android Tech Class 2</p> <p>6 Quilters Guild</p>	<p>6</p> <p>10:15 Make some NOISE Cardio drumming</p> <p>11 INSIDE quarter BINGO</p>	<p>7</p> <p>10 Exercise with Natalie or watch Live on Facebook</p> <p>11-12 Meal & Packet pick up day</p>	<p>8</p> <p>7 PM ROOK cancelled due to COVID Precautions</p>
<p>11</p> <p>11 \$1 Bingo</p>	<p>12</p> <p>10 Train Domino's cancelled due to COVID Precautions</p>	<p>13</p> <p>10:15 Make some NOISE Cardio drumming</p> <p>11 INSIDE quarter BINGO</p>	<p>14</p> <p>10 Exercise with Natalie or watch Live on Facebook</p> <p>11-12 Meal & Packet pick up day</p>	<p>15</p> <p>7 PM ROOK cancelled due to COVID Precautions</p>
<p>18</p> <p>11 \$1 Bingo</p>	<p>19</p> <p>10 Train Domino's cancelled due to COVID Precautions</p>	<p>20</p> <p>10:15 Make some NOISE Cardio drumming</p> <p>11 INSIDE quarter BINGO</p>	<p>21</p> <p>10 Exercise with Natalie or watch Live on Facebook</p> <p>11-12 Meal & Packet pick up day</p> <p>5 senior Mingle at YVSC</p>	<p>22</p> <p>7 PM ROOK cancelled due to COVID Precautions</p>
<p>25</p> <p>11 \$1 Bingo</p>	<p>26</p> <p>10 Train Domino's cancelled due to COVID Precautions</p>	<p>27</p> <p>10:15 Make some NOISE Cardio drumming</p> <p>11 INSIDE quarter BINGO</p>	<p>28</p> <p>10 Exercise with Natalie or watch Live on Facebook</p> <p>11-12 Meal & Packet pick up day</p> <p>Halloween Meal pick up 5:30</p>	<p>29</p> <p>7 PM ROOK cancelled due to COVID Precautions</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.