



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 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 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.

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 **September** except the 4th. We will have our first class on Tuesday September 7th due to the 6th being a holiday. 2 classes each day for chapters 1- 8 Call Rhonda to register.

10 AM Apple Technology Class  
11 AM Apple Technology Class

1 PM Android Technology Class  
2 PM Android Technology Class

**Sept. 21, 2021: Drive thru Supper**  
**You must pre-register!**

Pick up between 5:00-5:30 PM

Menu: fried chicken, mashed potato's, corn, green beans, dinner roll and dessert.



**Please call (336) 699-5100 if you have any questions or want to register for any events.**

### 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)



# SEPTEMBER 2021

Mon	Tue	Wed	Thu	Fri
		1 10:30 LIVE with Deputy Diaz 9:30 LIVE Exercise with Natalie 11 INSIDE quarter BINGO	2 10 Exercise with Natalie 11-12 Meal & Packet pick up day	3 7 PM ROOK cancelled due to COVID Precautions
6 CLOSED Labor Day	7 10 Train Domino's cancelled due to COVID Precautions 10 Apple Tech Class 1 11 Apple Tech Class 2 1 Android Tech Class 1 2 Android Tech Class 2 6 Quilters Guild	8 9:30 LIVE Exercise with Natalie 11 INSIDE quarter BINGO	9 10 Exercise with Natalie 11-12 Meal & Packet pick up day	10 7 PM ROOK cancelled due to COVID Precautions
13 11 \$1 Bingo 10 Apple Tech Class 3 11 Apple Tech Class 4 1 Android Tech Class 3 2 Android Tech Class 4	14 10 Train Domino's cancelled due to COVID	15 9:30 LIVE Exercise with Natalie 11 INSIDE quarter BINGO	16 10 Exercise with Natalie 11-12 Meal & Packet pick up day	17 7 PM ROOK cancelled due to COVID Precautions
20 11 \$1 Bingo 10 Apple Tech Class 5 11 Apple Tech Class 6 1 Android Tech Class 5 2 Android Tech Class 6	21 10 Train Domino's cancelled due to COVID Precautions Drive through dinner	22 9:30 LIVE Exercise with Natalie 11 INSIDE quarter BINGO	23 10 Exercise with Natalie 11-12 Meal & Packet pick up day	24 7 PM ROOK cancelled due to COVID Precautions
37 11 \$1 Bingo 10 Apple Tech Class 7 11 Apple Tech Class 8 1 Android Tech Class 7 2 Android Tech Class 8	28 10 Train Domino's cancelled due to COVID Precautions	29	30	<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.