

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 Sherriff'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

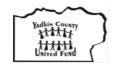
Services Offered Through Information, Referral and Assistance:

- 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





SEPTEMBER 2021

Mon	Tue	Wed	Thu	Fri
facebook		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	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	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	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	9:30 LIVE Exercise with Natalie 11 INSIDE quarter BINGO	23 10 Exercise with Natalie 11-12 Meal & Packet pick up day	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	YVEDDI EAST BEND SENIOR CENTER FACEBOOK PAGE Is where you will find the LIVE with Natalie and the Monthly LIVE with Deputy Diaz.

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.