



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 2021

Important Announcements

This center will remain closed for congregate meals due to Covid-19 at least through **December 31, 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 10:45AM –12:15 PM: Quarter BINGO
- Every Thursday starting at 10 AM: Exercise with Natalie (low impact exercise) mixed with cardio drumming.
- 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

NEW! Every Thursday at 10AM: CARDIO DRUMMING mixed with Exercise with Natalie 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!

Nov. 10th starting at 9 AM: A SHIP representative will be on site for anyone needing help with senior health insurance and enrollment

Nov. 16th at 5 PM: THANKS FOR GIVING SOUP NIGHT

Menu: Vegetable Beef, Chicken Stew, and Potato Soup.

Presentation by Healthy Yadkin Energy Assistance

We will also have a "Cupcake Walk" afterwards.

Meal made possible by the *Shallow Ford Foundation*. Thank You!



HOLIDAY CLOSING

November 11

November 25 & 26

December 23-Jan 3rd. We will return Jan 4th.



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
1 11 \$1 Bingo	2 10 Train Domino's cancelled due to COVID Precautions	3 10:15 Make some NOISE Cardio drumming 10:45 INSIDE quarter BINGO	4 10 Exercise with Natalie or watch Live on Facebook 11-12 Meal & Packet pick up day	5 7 PM ROOK cancelled due to COVID Precautions
8 11 \$1 Bingo	9 10 Train Domino's cancelled due to COVID Precautions 6 Quilters Guild	10 9 SHIIP 10:15 Make some NOISE Cardio drumming 10:45 INSIDE quarter BINGO	11 CLOSED Honoring the service of our former United States Armed Forces personnel	12 7 PM ROOK cancelled due to COVID Precautions
15 11 \$1 Bingo	16 10 Train Domino's cancelled due to COVID Precautions 5 PM Thanks for Giving soup night	17 10:15 Make some NOISE Cardio drumming 10:45 INSIDE quarter BINGO	18 10 Exercise with Natalie or watch Live on Facebook 11-12 Meal & Packet pick up day	19 7 PM ROOK cancelled due to COVID Precautions
22 11 \$1 Bingo	23 10 Train Domino's cancelled due to COVID Precautions	24 10:15 Make some NOISE Cardio drumming 10:45 INSIDE quarter BINGO	25 CLOSED 	26 CLOSED
29 11 \$1 Bingo	30 10 Train Domino's cancelled due to COVID Precautions			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.