



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

December 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.

NEW!

December 21st, at 5PM: Christmas Dinner with fun games

Tim Parks will be speaking on behalf of the Board of Education. It's a FREE event but you MUST have a ticket for the meal and to play games. See Rhonda or Aileen for your ticket. Limited Seating-First Come First Served.

Dec 22 at 10 AM: Christmas Craft

Free! Must register by the Dec 20th by 4PM

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 Presentations

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

HOLIDAY CLOSING

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



DECEMBER 2021

Mon	Tue	Wed	Thu	Fri
<p>YVEDDI EAST BEND SENIOR CENTER</p> <p>FACEBOOK PAGE Is where you will find the LIVE with Natalie and the Monthly LIVE with Deputy Diaz.</p> 		<p>1</p> <p>10:45 INSIDE quarter BINGO</p>	<p>2</p> <p>10 Exercise with Natalie or watch Live on Facebook</p> <p>11-12 Meal & Packet pick up day</p>	<p>3</p> <p>7 PM ROOK cancelled due to COVID Precautions</p>
<p>6</p> <p>11 \$1 Bingo</p>	<p>7</p> <p>10 Train Domino's cancelled due to COVID Precautions</p> <p>6 Quilters Guild</p>	<p>8</p> <p>10:45 INSIDE quarter BINGO</p>	<p>9</p> <p>10 Exercise with Natalie or watch Live on Facebook</p> <p>11-12 Meal & Packet pick up day</p>	<p>10</p> <p>7 PM ROOK cancelled due to COVID Precautions</p>
<p>13</p> <p>11 \$1 Bingo</p>	<p>14</p> <p>10 Train Domino's cancelled due to COVID Precautions</p> <p>5 PM Thanks for Giving soup night</p>	<p>15</p> <p>10:45 INSIDE quarter BINGO</p>	<p>16</p> <p>10 Exercise with Natalie or watch Live on Facebook</p> <p>11-12 Meal & Packet pick up day</p>	<p>17</p> <p>7 PM ROOK cancelled due to COVID Precautions</p>
<p>20</p> <p>11 \$1 Bingo</p>	<p>21</p> <p>5 PM Christmas Dinner</p> <p>10 Train Domino's cancelled due to COVID Precautions</p>	<p>22</p> <p>10: Craft Day</p> <p>10:45 INSIDE quarter BINGO</p>	<p>23</p> <p>CLOSED</p>	<p>24</p> <p>CLOSED</p>
<p>27</p> <p>CLOSED</p>	<p>28</p> <p>CLOSED</p> 	<p>29</p> <p>CLOSED</p>	<p>30</p> <p>CLOSED</p>	<p>31</p> <p>CLOSED</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.