



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

April 2022

Important Announcements

This center will remain closed for congregate meals due to Covid-19 until the emergency declaration is lifted. 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.

We are offering some in-person activities for registered participants. (limited-seating) Safety for our participants and staff is our top priority. Mask must still be worn while inside the senior center. You must sanitize your hands when you enter at the sign-in area. See the calendar on the back for classes

April 6th at 12:00 PM: Easter Craft (Snacks will be served) Must sign up by March 31st.

April 19th: Senior Supper Night starting at 5 PM with Quarter BINGO to follow

Menu: Ham, potato salad, cole slaw, baked beans, roll & dessert.

Note: NEW BINGO/Cake walk rules. You have to play every game to play the big game at the end. If you win the last cover-all card you must give your card to your neighbor to be checked.

NEW

Every Wednesday at 10 AM: Spades Its fun and will exercise your brain.

April 27th at 12 PM: Movie and popcorn "Rescued by Ruby"

Facebook Live Virtual Activities:

▪ Every Thursday at 10AM: Exercise with Natalie Williams

(This event will be shared from the Yadkin County Senior Center Facebook page)

▪ 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

Donated walkers and canes available for use. See Rhonda

We have N95 masks available for free. If you need one, call or stop by the senior center.

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

Happy Easter!



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



APRIL 2022

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>11 Spades</p> <p>7 PM ROOK</p>
<p>4</p> <p>11 \$1 Bingo</p>	<p>5</p> <p>10 Train Domino's</p>	<p>6</p> <p>11 Quarter Bingo</p> <p>12 Craft Day</p>	<p>7</p> <p>10 Exercise with Natalie (watch Live on Facebook)</p> <p>11-12 Meal & Packet pick- up</p>	<p>8</p> <p>11 Spades</p> <p>7 PM ROOK</p> <p>Saturday 9AM Quilting Day</p>
<p>11</p> <p>11 \$1 Bingo</p>	<p>12</p> <p>10 Train Domino's 5</p> <p>6 Quilters Guild</p>	<p>13</p> <p>11 Quarter Bingo</p>	<p>14</p> <p>10 Exercise with Natalie (watch Live on Facebook)</p> <p>11-12 Meal & Packet pick-up</p>	<p>15</p> <p>CLOSED</p>
<p>18</p> <p>11 \$1 Bingo</p>	<p>19</p> <p>10 Train Domino's</p> <p>5 Supper (Easter Dinner Ham, Potato Salad, Cole Slaw, Baked Beans, Roll, and Desserts)</p> <p>6 Quarter Bingo.</p>	<p>20</p> <p>11 Quarter Bingo</p>	<p>21</p> <p>10 Exercise with Natalie (watch Live on Facebook)</p> <p>11-12 Meal & Packet pick-up</p>	<p>22</p> <p>11 Spades</p> <p>7 PM ROOK</p>
<p>25</p> <p>11 \$1 Bingo</p>	<p>26</p> <p>10 Train Domino's</p>	<p>27</p> <p>11 Quarter Bingo</p> <p>12PM Popcorn and Movie on the smart board Rescued by Ruby Rated PG</p>	<p>28</p> <p>10 Exercise with Natalie (watch Live on Facebook)</p> <p>11-12 Meal & Packet pick-up</p>	<p>29</p> <p>11 Spades</p> <p>7 PM ROOK</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.