



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 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.

Effective March 7, 2022

We will be 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

March 15th: Senior Supper Night starting at 5 PM with Quarter BINGO to follow. (Chili Beans, baked potatoes, dessert)

NEW

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

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

March 24th at 9AM : VIRTUAL LEGAL PRESENTATION

Topic: Guardianship

Contact your local senior center for the Zoom information.

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

VITA Tax Service is available at the East Bend Library on Saturdays only. Appointments must be made through the senior center. Call Rhonda if you need an appointment.

Yadkin Valley Senor Games: Register now through March 31st. Forms are at the senior center or go online and register at torch.ncseniorgames.org

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

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



MARCH 2022

Mon	Tue	Wed	Thu	Fri
	1 10 Train Domino's cancelled due to COVID Precautions	2 10:30: Safety Presentation 11 Quarter Bingo	3 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick-up	4 7 PM ROOK cancelled due to COVID Precautions
7 11 \$1 Bingo	8 10 Train Domino's 6 Quilters Guild	9 10 Spades 11 Quarter Bingo	10 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick-up	11 10 Spades 7 PM ROOK cancelled due to COVID Precautions
14 11 \$1 Bingo	15 10 Train Domino's 5 5PM Supper (Chili Beans, baked potatoes, dessert)	16 10 Spades 11 Quarter Bingo	 17 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick-up	18 10 Spades 7 PM ROOK cancelled due to COVID Precautions
21 11 \$1 Bingo	22 10 Train Domino's	23 10 Spades 11 Quarter Bingo	24 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick-up	25 10 Spades 7 PM ROOK cancelled due to COVID Precautions
28 11 \$1 Bingo	29 10 Train Domino's	30 10 Spades 11 Quarter Bingo	31 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick-up	<p align="center">YVEDDI EAST BEND SENIOR CENTER FACEBOOK PAGE is where you will find the LIVE with Natalie and the Monthly LIVE with Deputy Diaz.</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.