



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

August 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.

**Masks Are Required while inside the senior center until further notice.**  
**Hand sanitizer is available at the doors for your use.**

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

**August 11 at 5 PM: Supper & Bingo**

Menu: Fried Chicken and Peach & Strawberry Cobbler! Please bring a side dish to share. Registration Required by the August 10th.

**August 25 at Noon: Crafts & Presentation with Deputy O'Leary:** Refreshments will be served. Sign up by August 22nd.

### Facebook Live Virtual Activities:

- Every Thursday at 10 AM: Exercise with Natalie Williams
- August 25, Deputy O'Leary @12 for Crime Prevention Awareness



### NEW ACTIVITIES

- Every Monday at 10 AM: Cardio Drumming with You Tube
- Every Wednesday at 10 AM: Chair Volleyball
- Every Tuesday evening: Dancing with Judy  
4PM: Couples Dance \$4 / 5PM: Beginners Dance Mix \$4 / 6PM: Line Dance \$4

**Get your tickets now: September is National Senior Center Month!**

**Masters of Aging Celebration: Sept 6th at 4:00 PM**

4PM Quarter Bingo ▪ 5PM Dinner ▪ 6PM Stan Bobbitt

Door Prizes ▪ \$5 pp - Tickets on sale now!

Event Location:

Yadkin County Senior Center

207 East Hemlock Street

**Donated walkers and canes available for use.** See Rhonda

**We have N95 masks available for free and a free covid test while supplies last**

If you need one, call or stop by the senior center.

Our Exercise Room is open. See Rhonda if you are new using the equipment.

### 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](http://www.yadkincountyunitedfund.org)



# AUGUST 2022

Mon	Tue	Wed	Thu	Fri
1 10 Cardio Drumming 11 \$1 Bingo	2 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$ 6 Quilters Guild	3 10 Chair Volleyball 11 Quarter Bingo	4 10 Exercise with Natalie <b>cancelled today</b> (watch Live on Facebook)  11-12 Meal & Packet pick- up	5  10 Spades 7 PM ROOK
8 10 Cardio Drumming 11 \$1 Bingo	9 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$ 6 Quilters Guild	10 10 Chair Volleyball 11 Quarter Bingo	11 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick- up <b>5 Supper &amp; quarter Bingo</b>	12  10 Spades 7 PM ROOK <b>Saturday 9AM Quilting Day</b>
15 10 Cardio Drumming 11 \$1 Bingo	16 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	17 10 Chair Volleyball 11 Quarter Bingo	18 10 Exercise with Natalie (watch Live on Facebook)  11-12 Meal & Packet pick-up	19  10 Spades 7 PM ROOK
22 10 Cardio Drumming 11 \$1 Bingo	23 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	24 10 Chair Volleyball 11 Quarter Bingo	25 10 Exercise with Natalie (watch Live on Facebook) <b>12 Craft and snacks &amp; a presentation with Deputy O'Leary.</b> 11-12 Meal & Packet pick-up	26  10 Spades 7 PM ROOK
29 10 Cardio Drumming 11 \$1 Bingo	30 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	31 10 Chair volleyball 11 Quarter Bingo	<b>YVEDDI EAST BEND SENIOR CENTER FACEBOOK PAGE is where you will find the LIVE with Natalie and the Monthly LIVE with Deputy O'Leary</b>	<i>We have an opportunity to start having Yoga classes at the center! I do not know the price per class yet, it may depend on how many people sign up. If you are interested in a once a week Yoga class, please call me at 336-699-5100</i>

**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.