



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2022

Important Announcements

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.

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

September 15 at 5 PM: Supper & Bingo

Menu: Pinto beans, coleslaw, and cornbread. Please bring a dessert to share.

Registration Required by September 13th

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

Facebook Live Virtual Activities:

- Every Thursday at 10 AM: Exercise with Natalie Williams
- September 22 at 12:00 PM: Crime Prevention Awareness with Deputy O'Leary

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 5 Tickets Left

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



SEPTEMBER 2022

Mon	Tue	Wed	Thu	Fri
<p>YVEDDI EAST BEND SENIOR CENTER FACEBOOK PAGE is where you will find the LIVE with Natalie and the Monthly LIVE with Deputy O'Leary</p>	<p><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></p>		<p>1 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick-up</p>	<p>2 10 Spades 7 PM ROOK</p>
<p>5 CLOSED</p>	<p>6 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$ 6 Quilters Guild</p>	<p>7 10 Chair Volleyball 11 Quarter Bingo</p>	<p>8 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick-up</p>	<p>9 10 Spades 7 PM ROOK Saturday 9AM Quilting Day</p>
<p>12 10 Cardio Drumming 11 \$1 Bingo</p>	<p>13 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>	<p>14 10 Chair Volleyball 11 Quarter Bingo</p>	<p>15 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick-up 5 Supper & quarter Bingo</p>	<p>16 10 Spades 7 PM ROOK</p>
<p>19 10 Cardio Drumming 11 \$1 Bingo</p>	<p>20 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>	<p>21 10 Chair Volleyball 11 Quarter Bingo</p>	<p>22 10 Exercise with Natalie (watch Live on Facebook) 12 Craft and snacks & a presentation with Deputy O'Leary. 11-12 Meal & Packet pick-up</p>	<p>23 10 Spades 7 PM ROOK</p>
<p>26 10 Cardio Drumming 11 \$1 Bingo</p>	<p>27 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>	<p>28 10 Chair volleyball 11 Quarter Bingo</p>	<p>29 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick-up</p>	<p>30 10 Spades 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.