



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 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.

Every Friday at 10 AM: Crochet Club

If you don't crochet and would like to learn or sit and chitchat come visit us. Some play cards and some crochet. We will have coffee and tea. You can bring a snack if you'd like. This will be from 10 am to noon.

Every Friday at 10 AM: Spades

 Its fun and will exercise your brain.

October 13 at 5 PM: Supper & Bingo

Menu: Hotdogs and s'mores

You bring the sides to share and your favorite drink (we will have lemonade and water)

Registration required by: October 10th

October 27 at Noon: Crafts & Presentation with Deputy O'Leary:

Refreshments will be served. Registration required by: October 24th

October 31 at 11 AM: Halloween Party & BINGO

Dress up and bring a Spooky snack to share

Facebook Live Virtual Activities:

- Every Thursday at 10 AM: Exercise with Natalie Williams as Facebook allows
- October 27th 12:00 PM: Crime Prevention Awareness with Deputy O'Leary

NEW

Every Friday at 3 PM: Bowling at Mt Airy Lanes

Senior price is \$1.50 per game plus fee for shoe rental

(This fee is only valid for Friday Senior Bowling at 3 PM.)

Other 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

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...

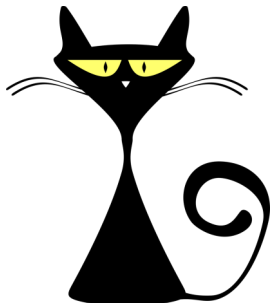

The YVEDDI Senior Centers of Yadkin County are proud United Fund Agencies!

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



OCTOBER 2022

Mon	Tue	Wed	Thu	Fri
3 10 Cardio Drumming 11 \$1 Bingo	4 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	5 10 Chair Volleyball 11 Quarter Bingo	6 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick-up	7 10 Crocheting club 10 Spades 3 Senior Bowling 7 PM ROOK
10 10 Cardio Drumming 11 \$1 Bingo	11 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$ 6 Quilters Guild	12 10 Chair Volleyball 11 Quarter Bingo	13 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick-up 5 Supper & quarter Bingo	14 10 Crocheting club 10 Spades 3 Senior Bowling 7 PM ROOK Saturday 9AM Quilting Day
17 10 Cardio Drumming 11 \$1 Bingo	18 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	19 10 Chair Volleyball 11 Quarter Bingo	20 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick-up	21 10 Crocheting club 10 Spades 3 Senior Bowling 7 PM ROOK
24 10 Cardio Drumming 11 \$1 Bingo	25 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	26 10 Chair Volleyball 11 Quarter Bingo	27 10 Exercise with Natalie (watch Live on Facebook) 12 Craft and snacks & a presentation with Deputy O'Leary. 11-12 Meal & Packet pick-up	28 10 Crocheting club 10 Spades 7 PM ROOK
31 10 Cardio Drumming 11 \$1 Halloween Bingo Happy Halloween!			YVEDDI EAST BEND SENIOR CENTER FACEBOOK PAGE is where you will find the LIVE with Natalie and the Monthly LIVE with Deputy O'Leary	<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.