



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 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 will be closed the Nov. 24th & 25th to celebrate the Thanksgiving holiday.

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.

November 14th: SHIP will be here for your Medicare supplement needs. To make an appointment call Rhonda at the senior center

NOTICE THE TIME CHANGE November 10th at 4 PM due to it getting dark earlier.

Thankful for you soup night for all volunteers of the senior center Super & Bingo

Menu: chicken stew, Vegetable beef, and potato soups.

You bring the desserts to share and your favorite drink (we will have lemonade and water) Registration required by: November 8th

November 17 at Noon: Crafts & Presentation with Deputy O'Leary:

Refreshments will be served. Registration required by: November 15th

Facebook Live Virtual Activities:

- Every Thursday at 10 AM: Exercise with Natalie Williams as Facebook allows
- November 17 at 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



NOVEMBER 2022

Mon	Tue	Wed	Thu	Fri
	1 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	2 10 Chair Volleyball 11 Quarter Bingo	3 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick-up	4 10 Crocheting club 10 Spades 3 Senior Bowling 7 PM ROOK
	7 10 Cardio Drumming 11 \$1 Bingo	8 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$ 6 Quilters Guild	9 10 Chair Volleyball 11 Quarter Bingo	10 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick-up 4 Supper & quarter Bingo
14 10 Cardio Drumming 11 \$1 Bingo	15 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	16 10 Chair Volleyball 11 Quarter Bingo	17 10 Exercise with Natalie (watch Live on Facebook) 12 Deputy O'Leary with snacks and crafts 11-12 Meal & Packet pick-up	18 10 Crocheting club 10 Spades 3 Senior Bowling 7 PM ROOK
21 10 Cardio Drumming 11 \$1 Bingo	22 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	23 10 Chair Volleyball 11 Quarter Bingo	24 CLOSED Happy Thanksgiving!	25 CLOSED
28 10 Cardio Drumming 11 \$1 Halloween Bingo	29 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	30 10 Chair Volleyball 11 Quarter Bingo	YVEDDI EAST BEND SENIOR CENTER FACEBOOK PAGE is where you will find the LIVE with Natalie and the Monthly LIVE with Deputy O'Leary	

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.