



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

December 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 December 23rd-January 2nd to celebrate the Christmas holiday. We will reopen January 3rd

### Every Thursday 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.

**NOTICE THE TIME CHANGE Christmas Supper & Christmas Bingo December 8th at 4 PM** Menu: Fried Chicken, Mashed potatoes, green beans, rolls, and cobblers. Catering from Golden Corral. This dinner is sponsored by the East Bend Cruise In Committee. You bring your favorite drink and quarters. (we will have lemonade and water) Registration required by: December 6th

**December 15 at 11AM: Christmas Extravaganza. Crafts & Presentation with Deputy O'Leary and ornament exchange. Full day of activities. Come for fun** Pizza Lunch will be served. Registration required by: December 13th Bring a wrapped ornament for Dirty Santa. Made possible by the Shallow Ford Foundation

### Facebook Live Virtual Activities:

- Exercise with Natalie Williams will be shared from the Yadkin Co or Yadkin Valley Senior centers as they post them.
  - December 15th at 12:00 PM: Crime Prevention Awareness with Deputy O'Leary
- NEW Virtual Activity:** Tuesdays at 9 AM: Starting in December we will have a live chat with the DART Ladies, That's Dee, Aileen, Rhonda and Terri. We will discuss recipes and maybe a joke or two. Watch a while, comment on our feed and lets have some fun.

### 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 loan use.** See Rhonda

**We have N95 masks available for free while supplies last**

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



# DECEMBER 2022

Mon	Tue	Wed	Thu	Fri	
	<b>YVEDDI EAST BEND SENIOR CENTER</b> <b>FACEBOOK PAGE</b> is where you will find the <b>LIVE with Natalie and the Monthly LIVE with Deputy O'Leary</b>		1 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick- up	2 10 Crocheting club 10 Spades 3 Senior Bowling 7 PM ROOK	
	5 10 Cardio Drumming 11 \$1 Bingo	6 9 Live with DART 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$ 6 Quilters Guild	7 10 Chair Volleyball 11 Quarter Bingo	8 10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal & Packet pick- up <b>Christmas Dinner</b> <b>4 Supper &amp; quarter Bingo</b> <b>Sponsored by EB cruise in committee</b>	9 10 Crocheting club 10 Spades 3 Senior Bowling 7 PM ROOK
	12 10 Cardio Drumming 11 \$1 Bingo	13 9 Live with DART 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	14 10 Chair Volleyball 11 Quarter Bingo	15 10 Exercise with Natalie (watch Live on Facebook) <b>11 Christmas Extravaganza</b> <b>Deputy O'Leary with Pizza, crafts, and Ornament exchange.</b>	16 10 Crocheting club 10 Spades 3 Senior Bowling 7 PM ROOK
	19 10 Cardio Drumming 11 \$1 Bingo	20 9 Live with DART 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	21 10 Chair Volleyball 11 Quarter Bingo	22 10 Exercise with Natalie 11-12 Meal & Packet pick- up	23 CLOSED
	26 CLOSED	27 CLOSED 	28 CLOSED	29 CLOSED	30 CLOSED

*Merry Christmas*

**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.