



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 2023

## 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

**First Wednesday of each month at 12 PM: Covered Dish Luncheon** (after bingo) (bring your favorite dish to share) we will supply all paper products.

### 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.

### February 16 at 4 PM: Valentine Supper and Bingo

Menu: spaghetti and salad (you bring a dessert and your favorite drink to share)

Registration required by: Feb. 13

### February 23 at 11AM: Crafts & Presentation with Deputy O'Leary

Registration required by: Feb. 20th

### 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: 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.

### 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 are accepting donations for a new stove for our senior center. Our current stove is not working properly and needs to be replaced in order for us to continue our supper events.***

### 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)



# FEBRUARY 2023

Mon	Tue	Wed	Thu	Fri
<p><b>Our Exercise Room is open. See Rhonda if you are new at using the equipment.</b></p>	<p><b>We have N95 masks available for free while supplies last. If you need one, call or stop by the senior center.</b></p>	<p>1 10 Chair Volleyball 11 Quarter Bingo 12 Covered Dish Luncheon</p>	<p>2  10 Exercise with Natalie (watch Live on Facebook)  11-12 Meal &amp; Packet pick- up</p>	<p>3  10 Crocheting club 10 Spades 3 Senior Bowling 7 PM ROOK</p>
<p>6  10 Cardio Drumming 11 \$1 Bingo</p>	<p>7  9 Live with DART 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$ 6 Quilters Guild</p>	<p>8  10 Chair Volleyball 11 Quarter Bingo</p>	<p>9  10 Exercise with Natalie (watch Live on Facebook) 11-12 Meal &amp; Packet pick- up</p>	<p>10  10 Crocheting club 10 Spades 3 Senior Bowling 7 PM ROOK</p>
<p>13</p>	<p>14  9 Live with DART 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>	<p>15  10 Chair Volleyball 11 Quarter Bingo</p>	<p>16  10 Exercise with Natalie (watch Live on Facebook) <b>4 PM Valentine Supper and Bingo</b>  11-12 Meal &amp; Packet pick-up</p>	<p>17  10 Crocheting club 10 Spades 3 Senior Bowling 7 PM ROOK</p>
<p>20  10 Cardio Drumming 11 \$1 Bingo</p>	<p>21  9 Live with DART 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>	<p>22  10 Chair Volleyball 11 Quarter Bingo</p>	<p>23  10 Exercise with Natalie (watch Live on Facebook) <b>11AM Crafts &amp; Presentation with Deputy O'Leary</b>  11-12 Meal &amp; Packet pick- up</p>	<p>24  10 Crocheting club 10 Spades 3 Senior Bowling 7 PM ROOK</p>
<p>27  10 Cardio Drumming 11 \$1 Bingo</p>	<p>28  9 Live with DART 10 Train Domino's 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>			<p><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></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.