



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 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.

MARCH 1st Senior Games Registration begins. See Rhonda for a form.

(NEW TIME) March 16 at 5PM: Lucky Clover Supper and Bingo

Menu: BBQ, Potato salad, coleslaw, baked beans. GREEN punch (you bring a dessert and your favorite drink to share) Wear Green or get pinched. I know it's the day before but were celebrating it on the 16th instead of the 17th.

Registration required by: March 14th.

New Tuesday ROOK for beginners @ 10AM

Every Monday at 10 AM: Cardio Drumming with You Tube

11 AM: \$1 prize bingo

Every Tuesday evening: Dancing with Judy

4PM: Couples Dance \$4 / 5PM: Beginners Dance Mix \$4 / 6PM: Line Dance \$4

Every Wednesday at 10 AM: Chair Volleyball 11AM QUARTER BINGO

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-12 PM: 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.

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

Registration required by: March 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.
- 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.)

Donated walkers and canes available for loan use. See Rhonda

UPDATE: WE HAVE OUR STOVE

A special thank you to all that contributed to this!



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!

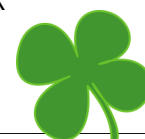
We encourage you to SUPPORT THE Yadkin County United Fund

By Mail: Yadkin County United Fund
205 S. Jackson Street • Yadkinville, NC 27055
Or visit www.yadkincountyunitedfund.org



MARCH 2023

Mon	Tue	Wed	Thu	Fri	
<p>Our Exercise Room is open. See Rhonda if you are new at using the equipment.</p>	<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>1 10 Chair Volleyball 11 Quarter Bingo 12 Covered Dish Luncheon</p>	<p>2 10 Exercise with Natalie 10 Crocheting club 11-12 Meal & Packet pick- up</p>	<p>3 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 Rook for beginners 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 10 Crocheting club 11-12 Meal & Packet pick- up</p>	<p>10 10 Crocheting club 10 Spades 3 Senior Bowling 7 PM ROOK</p>
	<p>13 10 Cardio Drumming 11 \$1 Bingo</p>	<p>14 9 Live with DART 10 Rook for beginners 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>	<p>15 10 Chair Volleyball 11 Quarter Bingo</p>	<p>16 10 NO EXERCISE WITH NATALIE THIS WEEK! 10 Crocheting club 4 PM St Patrick's Day Supper and Bingo 11-12 Meal & Packet pick-up</p>	<p>17 Happy St. Patrick's Day! 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 Rook for beginners 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 10 Crocheting club 11AM Crafts & Presentation with Deputy O'Leary 11-12 Meal & 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 Rook for beginners 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>	<p>29 10 Chair Volleyball 11 Quarter Bingo</p>	<p>30 10 Exercise with Natalie 10 Crocheting club 11-12 Meal & Packet pick-up</p>	<p>31 10 Crocheting club 10 Spades 3 Senior Bowling 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.