



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

April 2023

Important Announcements

We will continue to provide Meals on Wheels and meals for registered congregate members. **NEW TIME;** Congregate meals will be available for pick up on Thursdays from 10:30 AM until 11:30 AM.

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 April and May at 12 PM: Covered Dish Luncheon after bingo.

Bring your favorite dish to share. We will supply the 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.

April 27 at 11AM: Crafts & Presentation with Deputy O'Leary

Registration required by: April 24.

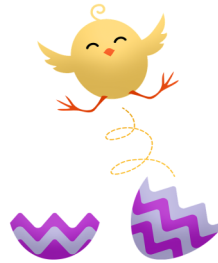
Facebook Live Virtual Activities:

- Exercise with Natalie Williams will be shared from the Yadkin Co or Yadkin Valley Senior centers as they post them.
- **POSTPONED UNTIL FURTHER NOTICE:** 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 Aileen

CONGREGATE MEAL SITE REOPENING:

We will be reopening the congregate meal site for in-person dining on Friday, May 12. Meals will be served daily, Monday through Friday, at 11:30 AM. Congregate meal pick-up will end on Thursday, May 11 and will no longer be allowed due to the expiration of the Federal Major Disaster Declaration.



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



APRIL 2023

Mon	Tue	Wed	Thu	Fri
	<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>3 10 Cardio Drumming 11 \$1 Bingo</p>	<p>4 9 Live with DART Postponed 10 Rook for beginners 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$ 6 Quilters Guild</p>	<p>5 10 Chair Volleyball 11 Quarter Bingo /Covered dish luncheon</p>	<p>6 10 Exercise with Natalie 10 Crocheting club 10:30-11:30 Meal & Packet pick- up</p>	<p>7 CLOSED Happy Easter</p>
<p>10 10 Cardio Drumming 11 \$1 Bingo</p>	<p>11 9 Live with DART Postponed 10 Rook for beginners 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>	<p>12 10 Chair Volleyball 11 Quarter Bingo</p>	<p>13 10 Exercise with Natalie 10 Crocheting club 10:30-11:30 Meal & Packet pick- up</p>	<p>14 10 Spades 3 Senior Bowling 7 PM ROOK</p>
<p>17 10 Cardio Drumming 11 \$1 Bingo</p>	<p>18 9 Live with DART Postponed 10 Rook for beginners 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>	<p>19 10 Chair Volleyball 11 Quarter Bingo</p>	<p>20 10 Exercise with Natalie 10 Crocheting club 10:30-11:30 Meal & Packet pick- up</p>	<p>21 10 Spades 3 Senior Bowling 7 PM ROOK</p>
<p>24 10 Cardio Drumming 11 \$1 Bingo</p>	<p>25 9 Live with DART Postponed 10 Rook for beginners 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>	<p>26 10 Chair Volleyball 11 Quarter Bingo</p>	<p>27 10 Exercise with Natalie 10 Crocheting club 11AM Crafts & Presentation with Deputy O'Leary 10:30-11:30 Meal & Packet pick- up</p>	<p>28 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.