



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

May 2023

## Important Announcements

### May is Older American's Month!

#### New Tuesday ROOK for beginners @ 10AM

Every Monday at 10 AM: Cardio Drumming with You Tube

10:30 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 12:30 PM QUARTER BINGO

First Wednesday 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.

May 24 at 11AM: Crafts & Presentation with Deputy O'Leary

Registration required by: May 22.

#### 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.

Remembering the men and women who died while serving our country.

Happy Memorial Day!



#### 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)



Mon	Tue	Wed	Thu	Fri
1 10 Cardio Drumming 11 \$1 Bingo	2 9 Live with DART Postponed 10 Rook for beginners 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	3 10 Chair Volleyball 11 Quarter Bingo & covered dish luncheon (LAST ONE)	4 10 Crocheting club <b>10:30-11:30 Meal &amp; Packet pick- up</b>	5 10 Spades 3 Senior Bowling 7 PM ROOK
8 10 Cardio Drumming 10:30 \$1 Bingo	9 9 Live with DART Postponed 10 Rook for beginners 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$ 6 Quilters Guild	10 10 Chair Volleyball 11 Quarter Bingo	11 10 Crocheting club <b>10:30-11:30 Meal &amp; Packet pick- up</b> <b>*Today will be the last day for congregate meal pick ups</b>	12 <b>Reopening the Congregate Nutrition Site for in-person dining</b>  10 Spades 11:30 Lunch 3 Senior Bowling 7 PM ROOK
15 10 Cardio Drumming 11:30 Lunch 11 \$1 Bingo	16 9 Live with DART Postponed 10 Rook for beginners 10:30 Safety presentation by EMS Paramedics 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$	17 10 Chair Volleyball 11:30 Lunch 12:30 Quarter Bingo	18 10:30 Exercise with Natalie 10 Crocheting club 11:30 Lunch	19 10 Spades 11:30 Lunch 3 Senior Bowling 7 PM ROOK
22 10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch	23 9 Live with DART Postponed 10 Rook for beginners 10:30 Roundtable Health Talk 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	24 10 Chair Volleyball 10 Craft 10:30 Dep. O'Leary 11:30 Lunch 12:30 Quarter Bingo	25 10 Crocheting club 11:30 Lunch	26 10 Spades 11:30 Lunch 3 Senior Bowling 7 PM ROOK
29 CLOSED Happy Memorial Day!	30 9 Live with DART Postponed 10 Rook for beginners 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	31 10 Chair Volleyball 11:30 Lunch 12:30 Quarter Bingo	Lunch is served daily at 11:30 a.m. for ages 60 & older.  You must be registered. Contact the Nutrition Site Manager for more Information.	<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>

**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.