

EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

June 2023

Important Announcements

Each 1st Tuesday at 10:30 AM: Dream Dancers Performance

Every Monday at 10 AM: Cardio Drumming with You Tube

10:30 AM: \$1 prize bingo

Every Tuesday at 10 AM: Rook

Every Tuesday evening: Dancing with Judy.

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

Each 1st Wednesday at 10:30 AM: Dot's Music

Every Wednesday at 10 AM: Chair Volleyball 12:30 PM QUARTER BINGO

Every Thursday at 10:30: Exercise with Natalie 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.

Every Friday 10 AM: Spades

Every Friday 10:30 AM: Share Day

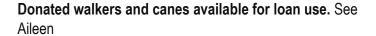
June 23 at 10:30 AM: Crafts Registration required by: June 19.

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.)





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

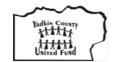
Services Offered Through Information, Referral and Assistance:

- Housing Assistance
- H- 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





JUNE 2023



Mon	Tue	Wed	Thu	Fri
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.	YVEDDI EAST BEND SENIOR CENTER FACEBOOK PAGE Is where you will find the LIVE with Natalie and the Monthly LIVE with Deputy O'Leary		1 10 Crocheting Club 10:30 Exercise with Natalie 11:30 Lunch	2 10 Spades 10:30 Share Day 11:30 Lunch 3 Senior Bowling 7 PM ROOK
5 10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch	9 Live with DART Postponed 10 Rook 10:30 Dream Dancers 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	7 10 Chair Volleyball 10:30 Dot's Music 11:30 Lunch 12:30 Quarter Bingo	8 10 Crocheting Club 10:30 Exercise with Natalie 11:30 Lunch	9 10 Spades 10:30 Share Day 11:30 Lunch 3 Senior Bowling 7 PM ROOK
10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch	9 Live with DART Postponed 10 Rook 10:30 Health Talk 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$	10 Flag Day Event by local Veterans 11:30 Lunch 12:30 Quarter Bingo	15 10 Crocheting Club 10:30 Exercise with Natalie 11:30 Lunch	16 10 Spades 10:30 Share Day 11:30 Lunch 3 Senior Bowling 7 PM ROOK
19 10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch	9 Live with DART Postponed 10 Rook 10:30 EMS Health/Safety Presentation 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$	21 10 Chair Volleyball 10:30 Food Prep presentation by 2nd Harvest Food Bank 11:30 Lunch 12:30 Quarter Bingo	10 Crocheting Club 10:30 Exercise with Natalie 11:30 Lunch	23 10 Spades 10:30 Craft 10:30 Share Day 11:30 Lunch 3 Senior Bowling 7 PM ROOK
26 10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch	9 Live with DART Postponed 10 Rook f 10:30 Storytelling with Su- san from East Bend Public Library 11:30 Lunch 4 Couples Dance \$	28 10 Chair Volleyball 10:30 Safety with Deputy O'Leary 11:30 Lunch 12:30 Quarter Bingo	29 10 Crocheting Club 10:30 Exercise with Natalie 11:30 Lunch	30 10 Spades 10:30 Share Day 11:30 Lunch 3 Senior Bowling 7 PM ROOK

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.