



# EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

October 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: Beginner's 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**

**Every Thursday at 10:00 AM: Exercise with Natalie **NEW TIME****

**Every Thursday at 10:30 AM: QUARTER BINGO **NEW DAY/NEW TIME****

**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**

**October 27 at 10:30 AM: Crafts**

Registration required by: October 23

**Facebook Live Virtual Activities:**

- Exercise with Natalie Williams will be shared from the Yadkin County 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 1 PM: Bowling at Mt Airy Lanes **NEW TIME****

Senior price is \$1.50 per game plus fee for shoe rental

*(This fee is only valid for Friday Senior Bowling at 1 PM.)*



**Donated walkers and canes available for loan use. See Aileen**



## 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](http://www.yadkincountyunitedfund.org)



# OCTOBER 2023



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch</p>	<p>3</p> <p>9 Live with DART Postponed 10 Beginner's Rook <b>10:30 Dream Dancers</b> 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>	<p>4</p> <p>10 Chair Volleyball <b>10:30 Dot's Music</b> 11:30 Lunch</p>	<p>5</p> <p>10 Crocheting Club 10 Exercise with Natalie 10:30 Quarter Bingo 11:30 Lunch</p>	<p>6</p> <p>10 Beginner's Spades 10:30 Share Day 11:30 Lunch 1 Senior Bowling 7 PM ROOK</p>
<p>9</p> <p>10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch</p>	<p>10</p> <p>9 Live with DART Postponed 10 Beginner's Rook <b>10:30 Health Talk</b> 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>	<p>11</p> <p>10 Chair Volleyball <b>10:30 East Bend Police Department: Safety</b>  11:30 Lunch</p>	<p>12</p> <p>10 Crocheting Club 10 Exercise with Natalie 10:30 Quarter Bingo 11:30 Lunch</p>	<p>13</p> <p>10 Beginner's Spades 10:30 <b>Share Day</b> 11:30 Lunch 1 Senior Bowling 7 PM ROOK</p>
<p>16</p> <p>10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch</p>	<p>17</p> <p>9 Live with DART Postponed 10 Beginner's Rook <b>10:30 EMS Health Program</b> 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>	<p>18</p> <p>10 Chair Volleyball <b>10:30 Home Instead Senior Care Health Program</b> 11:30 Lunch</p>	<p>19</p> <p>10 Crocheting Club 10 Exercise with Natalie 10:30 Quarter Bingo 11:30 Lunch</p>	<p>20</p> <p>10 Beginner's Spades 10:30 <b>Beltone Hearing: Hearing Tests</b> 11:30 Lunch 1 Senior Bowling 7 PM ROOK</p>
<p>23</p> <p>10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch</p>	<p>24</p> <p>9 Live with DART Postponed 10 Beginner's Rook <b>10:30 Story Time with Susan from EB Public Library</b> 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$</p>	<p>25</p> <p>10 Chair Volleyball <b>10:30 Deputy O'Leary Safety Program</b> 11:30 Lunch</p>	<p>26</p> <p>10 Crocheting Club 10 Exercise with Natalie 10:30 Quarter Bingo 11:30 Lunch</p>	<p>27</p> <p>10 Beginner's Spades 10:30 Craft 11:30 Lunch 1 Senior Bowling 7 PM ROOK</p>
<p>30</p> <p>10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch</p>	<p>31</p> <p>9 Live with DART Postponed 10 Beginner's Rook <b>10:30 Food Demo by Second Harvest Food Bank</b> 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$</p>		<p><b>YVEDDI EAST BEND SENIOR CENTER</b> <b>FACEBOOK PAGE</b> is where you will find the LIVE with Natalie and the Monthly LIVE with Deputy O'Leary</p>	<p>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more Information.</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.