



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

November 2023

Important Announcements

November 5th: Day Light Savings Time Ends
Don't forget to set your clocks back 1 hour!



November 7th: Election Day



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 2nd Tuesday at 5 PM: Widows/widowers supper at Yadkin County Senior Center. Sponsored by Gentry Family Funeral Services. POT LUCK. Meat/drinks provided. **MUST PRE-REGISTER BY THE FRIDAY BEFORE.** Call Lori at 336.679.3596 to sign up.

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

November XX at 10:30 AM: Crafts **No Craft Class in November**

Registration required by: November XX

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 Te recipes and maybe a joke or two. Watch a while, comment on or 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



NOVEMBER 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>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.</p>	<p>1 10 Chair Volleyball 10:30 Dot's Music 11:30 Lunch</p>	<p>2 10 Crocheting Club 10 Exercise with Natalie 10:30 Quarter Bingo 11:30 Lunch</p>	<p>3 10 Beginner's Spades 10:30 Share Day 11:30 Lunch 1 Senior Bowling 7 PM ROOK</p>
<p>6 10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch</p>	<p>7 Election Day!  9 Live with DART Postponed 10 Beginner's Rook 10:30 Dream Dancers 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>	<p>8 10 Chair Volleyball 10:30 East Bend Police Department: Safety 11:30 Lunch</p>	<p>9 10 Crocheting Club 10 Exercise with Natalie 10:30 Quarter Bingo 11:30 Lunch</p>	<p>10 CLOSED VETERANS DAY Honoring the service of our former United States Armed Forces personnel</p>
<p>13 10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch</p>	<p>14 9 Live with DART Postponed 10 Beginner's Rook 10:30 Health Talk 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$ 5 Widows/Widowers supper at YCSC. Must sign up!</p>	<p>15 10 Chair Volleyball 10:30 Home Instead Senior Care Health Program 11:30 Lunch</p>	<p>16 10 Crocheting Club 10 Exercise with Natalie 10:30 Quarter Bingo 11:30 Lunch</p>	<p>17 10 Beginner's Spades 10:30 Beltone Hearing: Hearing Tests 11:30 Lunch 1 Senior Bowling 7 PM ROOK</p>
<p>20 10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch</p>	<p>21 9 Live with DART Postponed 10 Beginner's Rook 10:30 EMS Health Talk 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$ 6 Line Dance \$</p>	<p>22 10 Chair Volleyball 10:30 Deputy O'Leary Safety Program 11:30 Lunch</p>	<p>23 CLOSED </p>	<p>24 CLOSED</p>
<p>27 10 Cardio Drumming 10:30 \$1 Bingo 11:30 Lunch</p>	<p>28 9 Live with DART Postponed 10 Beginner's Rook 10:30 Story Time with Susan from EB Public Library 11:30 Lunch 4 Couples Dance \$ 5 Beginners Dance Mix \$</p>	<p>29 10 Chair Volleyball 10:30 Food Demo by Second Harvest Food Bank 11:30 Lunch</p>	<p>30 10 Crocheting Club 10 Exercise with Natalie 10:30 Quarter Bingo 11:30 Lunch</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.