



# EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

December 2023

## What's Happening...

**Every Monday at 10:30 AM:** \$1 Prize Bingo

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

**2nd Tuesday of the month at 3 PM:** East Bend Happy Quilters

**2nd Tuesday of the month 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.

**Tuesdays at 10 AM:** Beginner's Rook

**Tuesday evenings:** Dancing with Judy

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

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

**Wednesdays at 10 AM:** Chair Volleyball

**Thursdays at 10:00 AM:** Exercise with Natalie

**Thursdays at 10:30 AM:** QUARTER BINGO

**Thursdays 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.

**Fridays at 10 AM:** Spades

**December 22nd at 10:30 AM:** Crafts

Registration required by: December 15

### NEW:

**Monday, December 18th–** Christmas Party followed with Christmas Bingo

Bring snacks to share and join us for some Christmas games, fun and fellowship.

**Tuesday, December 12th at 10:30 AM:** Vaya Health Navigating Depression – Finding happiness

### Facebook Live Virtual Activities:

- Exercise with Natalie Williams will be shared from the Yadkin County or Yadkin Valley Senior centers as they post them.

**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.



## 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)



# DECEMBER 2023



Mon	Tue	Wed	Thu	Fri
<p><b>YVEDDI EAST BEND SENIOR CENTER</b>  <b>FACEBOOK PAGE</b> is where you will find the <b>LIVE with Natalie and the Monthly LIVE with Deputy O'Leary</b></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>			<p><b>1</b>  <b>10:00</b> Beginner's Spades  <b>10:30</b> Share Day  <b>11:30</b> Congregate Lunch  <b>1:00</b> Senior Bowling  <b>7 PM</b> ROOK</p>
<p><b>4</b>  <b>10:00</b> Cardio Drumming  <b>10:30</b> \$1 Prize Bingo  <b>11:30</b> Congregate Lunch</p>	<p><b>5</b>  <b>10:00</b> Beginner's Rook  <b>10:30</b> Dream Dancers  <b>11:30</b> Congregate Lunch  <b>4:00</b> Couples Dance \$  <b>5:00</b> Beginners Dance Mix \$  <b>6:00</b> Line Dance \$</p>	<p><b>6</b>  <b>10:00</b> Chair Volleyball  <b>10:30</b> Dot's Music  <b>11:30</b> Congregate Lunch</p>	<p><b>7</b>  <b>10:00</b> Crocheting Club  <b>10:00</b> Exercise with Natalie  <b>10:30</b> Quarter Bingo  <b>11:30</b> Congregate Lunch</p>	<p><b>8</b>  <b>10:00</b> Beginner's Spades  <b>10:30</b> Second Harvest Food Bank  <b>11:30</b> Congregate Lunch  <b>1:00</b> Senior Bowling  <b>7 PM</b> ROOK</p>
<p><b>11</b>  <b>10:00</b> Cardio Drumming  <b>10:30</b> \$1 Prize Bingo  <b>11:30</b> Congregate Lunch</p>	<p><b>12</b>  <b>10:00</b> Beginner's Rook  <b>10:30</b> Vaya Health  <b>11:30</b> Congregate Lunch  <b>3:00</b> East Bend Happy Quilters  <b>4:00</b> Couples Dance \$  <b>5:00</b> Beginners Dance Mix \$  <b>5:00</b> Widows/Widowers supper at YCSC. Must sign up!  <b>6</b> Line Dance \$</p>	<p><b>13</b>  <b>10:00</b> Chair Volleyball  <b>10:30</b> East Bend Police Department  <b>11:30</b> Congregate Lunch</p>	<p><b>14</b>  <b>10:00</b> Crocheting Club  <b>10:00</b> Exercise with Natalie  <b>10:30</b> Quarter Bingo  <b>11:30</b> Congregate Lunch</p>	<p><b>15</b>  <b>10:00</b> Beginner's Spades  <b>10:30</b> Beltone Hearing  <b>11:30</b> Congregate Lunch  <b>1:00</b> Senior Bowling  <b>7 PM</b> ROOK</p>
<p><b>18</b>  <b>10:00</b> Christmas Party  <b>10:25</b> Talk with Terry  <b>10:30</b> \$1 Prize Bingo  <b>11:30</b> Congregate Lunch</p>	<p><b>19</b>  <b>10:00</b> Beginner's Rook  <b>10:30</b> EMS Health Talk  <b>11:30</b> Congregate Lunch  <b>4:00</b>Couples Dance \$  <b>5:00</b> Beginners Dance Mix \$  <b>6:00</b> Line Dance \$</p>	<p><b>20</b>  <b>10:00</b> Chair Volleyball  <b>10:30</b> Home Instead Senior Care Health Program  <b>11:30</b> Congregate Lunch</p>	<p><b>21</b>  <b>10:00</b> Crocheting Club  <b>10:00</b> Exercise with Natalie  <b>10:30</b> Quarter Bingo  <b>11:30</b> Congregate Lunch</p>	<p><b>22</b>  <b>10:00</b> Beginner's Spades  <b>10:30</b> Crafts  <b>11:30</b> Congregate Lunch  <b>1:00</b> Senior Bowling  <b>7 PM</b> ROOK</p>
<p><b>25</b>                      CLOSED</p>	<p><b>26</b>                      CLOSED</p>	<p><b>27</b>                      CLOSED</p>	<p><b>28</b>                      CLOSED</p>	<p><b>29</b>                      CLOSED</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.