



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: Urban League

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



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



DECEMBER 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 10:00 Beginner's Spades 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p>4 10:00 Cardio Drumming 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>5 10:00 Beginner's Rook 10:30 Dream Dancers 11:30 Congregate Lunch 4:00 Couples Dance \$ 5:00 Beginners Dance Mix \$ 6:00 Line Dance \$</p>	<p>6 10:00 Chair Volleyball 10:30 Dot's Music 11:30 Congregate Lunch</p>	<p>7 10:00 Crocheting Club 10:00 Exercise with Natalie 10:30 Quarter Bingo 11:30 Congregate Lunch</p>	<p>8 10:00 Beginner's Spades 10:30 Second Harvest Food Bank 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p>11 10:00 Cardio Drumming 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>12 10:00 Beginner's Rook 10:30 Vaya Health 11:30 Congregate Lunch 3:00 East Bend Happy Quilters 4:00 Couples Dance \$ 5:00 Beginners Dance Mix \$ 5:00 Widows/Widowers supper at YCSC. Must sign up! 6 Line Dance \$</p>	<p>13 10:00 Chair Volleyball 10:30 East Bend Police Department 11:30 Congregate Lunch</p>	<p>14 10:00 Crocheting Club 10:00 Exercise with Natalie 10:30 Quarter Bingo 11:30 Congregate Lunch</p>	<p>15 10:00 Beginner's Spades 10:30 Beltone Hearing 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p>18 10:00 Christmas Party 10:25 Talk with Terry 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>19 10:00 Beginner's Rook 10:30 EMS Health Talk 11:30 Congregate Lunch 4:00Couples Dance \$ 5:00 Beginners Dance Mix \$ 6:00 Line Dance \$</p>	<p>20 10:00 Chair Volleyball 10:30 Home Instead Senior Care Health Program 11:30 Congregate Lunch</p>	<p>21 10:00 Crocheting Club 10:00 Exercise with Natalie 10:30 Quarter Bingo 11:30 Congregate Lunch</p>	<p>22 10:00 Beginner's Spades 10:30 Crafts 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p>25 CLOSED</p>	<p>26 CLOSED</p>	<p>27 CLOSED</p>	<p>28 CLOSED</p>	<p>29 CLOSED</p>



Merry Christmas

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.