



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

February 2024

What's Happening...

Every Monday at 10:30 AM: QUARTER 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 and the Dream Dancers
4PM: Beginners Dance Mix \$5 / **5PM:** Line Dance \$5/ **6PM:** Cloggers \$5

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

Wednesdays at 10 AM: Chair Volleyball

Thursdays at 10:00 AM: Exercise

Thursdays at 10:30 AM: \$1 Prize Bingo

Thursdays at 10 AM-12 PM: Crochet Club: All Skill Levels are Welcome

NEW:

February 2nd at 10:30 AM: Valentine Wall Art Craft

Limited Spots Available -Registration required by Feb. 1st. This class is free however, contributions are accepted and appreciated. Call Heather at 336.699.5100 to register.

Valentine's Party and Supper February 8th, 4pm-6pm- \$5 admission

Admission includes meal, drink, dessert, and a chance to win door prizes. Come by EBSC to purchase your ticket!

Widows/Widowers Supper at East Bend Senior Center- Thursday Feb 29th at 4pm

Sponsored by Gentry Family Funeral Services. POT LUCK. Meat/drinks provided. **MUST PRE-REGISTER BY FRIDAY, FEB. 23rd.** Call Heather at 336.699.5100 to register.

February 13th at 10:30 AM: Vaya Health- Anxiety: Managing Nervous Energy

Every Friday at 1 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 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
- 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



FEBRUARY 2024



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	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 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	2 10:00 Beginner's Spades 10:30 Crafts 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
5 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch	6 10:00 Beginner's Rook 10:30 Dream Dancers 11:30 Congregate Lunch 3:00 East Bend Happy Quilters 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 5:00 Widows/Widowers supper at YCSC. Must sign up! 6:00 Clogging \$	7 10:00 Chair Volleyball 10:30 Dot's Music 11:30 Congregate Lunch	8 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 4:00 Valentine's Party And Supper \$	9 10:00 Beginner's Spades 10:30 Trivia 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
12 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch	13 10:00 Beginner's Rook 10:30 Vaya Health 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	14 10:00 Chair Volleyball 10:30 Talk with Brandon 11:30 Congregate Lunch 	15 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	16 10:00 Beginner's Spades 10:30 Beltone Hearing Test 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
19 10:00 Cardio Drumming 10:25 Talk with Terry 10:30 Quarter Bingo 11:30 Congregate Lunch	20 10:00 Beginner's Rook 10:30 EMS Health Talk 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	21 10:00 Chair Volleyball 10:00 Second Harvest Food Bank 11:30 Congregate Lunch	22 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	23 10:00 Beginner's Spades 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
26 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch	27 10:00 Beginner's Rook 10:30 Story Time with Susan 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	28 10:00 Chair Volleyball 10:30 Deputy O'Leary 11:30 Congregate Lunch	29 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 4:00 Widow/Widower Supper at EBSC	

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.