



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

March 2024

What's Happening...

Every Monday at 10:30 AM: QUARTER BINGO

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

Saturday, March 23rd at 9 AM: East Bend Happy Quilters sew day
Contact Sharon Fisher for more information 336.624.9564

2nd Tuesday of the month at 10:30: Vaya Health– Hoarding Disorder: Hidden Secrets

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:

March 8th at 10:30 AM: Craft Class

Registration required by March 6th This class is free however, contributions are accepted and appreciated. Call Heather at 336.699.5100 to register.

Monday March, 11th at 1:00 PM: Spring Celebration - Bring a snack to share as we celebrate all things SPRING!

March 20th at 10 AM- Second Harvest Food Bank– Gardening with Beth

March 26th at 4 PM: Widows/Widowers Supper at East Bend Senior Center

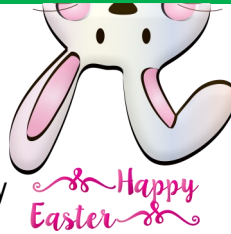
Sponsored by Gentry Family Funeral Services. POT LUCK. Meat/drinks provided.

MUST PRE-REGISTER BY March 22nd. Call Heather at 336.699.5100 to register.

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.)



UPCOMING:

Thursday May 2nd 2024 Mobile Mammogram — Novant Health Breast Centers mobile mammogram unit will be on site at East Bend Senior Center on . There are grants available for those who do not have insurance. Call Heather to schedule your appointment.

Donated walkers and canes available for loan use.

Happy Easter!



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



MARCH 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 Beginner's Spades 10:30 Trivia 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
4 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch	5 Closed for Voting	6 10:00 Chair Volleyball 10:30 Dot's Music 11:30 Congregate Lunch	7 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	8 10:00 Beginner's Spades 10:30 Crafts 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
11 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 1:00 Spring Celebration	12 10:00 Beginner's Rook 10:30 Vaya Health 11:30 Congregate Lunch 3:00 East Bend Happy Quilters 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$ 5:00 Widows/Widowers supper at YCSC.	13 10:00 Chair Volleyball 10:30 East Bend Police Department 11:30 Congregate Lunch	14 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	15 10:00 Beginner's Spades 10:30 Blood Pressure Checks 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
18 10:00 Cardio Drumming 10:25 Talk with Terry 10:30 Quarter Bingo 11:30 Congregate Lunch	19 SPRING BEGINS 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 \$	20 10:00 Chair Volleyball 10:00 Second Harvest Food Bank—Gardening with Beth 11:30 Congregate Lunch	21 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	22 10:00 Beginner's Spades 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
25 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch	26 10:00 Beginner's Rook 10:30 Story Time with Susan 11:30 Congregate Lunch 4:00 Widow/Widower Supper at EBSC 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	27 10:00 Chair Volleyball 10:30 Deputy O'Leary 11:30 Congregate Lunch	28 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	29 Closed for Good Friday

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.