



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

April 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, April 20th 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– Facing Substance Use and Misuse in Your World

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:

April 11th at 10:30 - Hope Sprinkle with NC Service Division for the Blind Program

April 17th at 10 AM- Second Harvest Food Bank– Gardening with Beth

April 19th at 10:30 AM: Craft Class

Registration required by April 12th This class is free however, contributions are accepted and appreciated. Call Heather at 336.699.5100 to register.

April 30th at 4 PM: Widows/Widowers Supper at East Bend Senior Center

Sponsored by Gentry Family Funeral Services. POT LUCK. Main entrée and drinks are provided.

MUST PRE-REGISTER BY Friday, April 26th . 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 Events:

Thursday May 2nd 2024 Mobile Mammogram — Novant Health Breast Centers mobile mammogram unit will be on site at East Bend Senior Center. **Please Schedule your appointment by Thursday April 18th.**

There are grants available for those who do not have insurance. Call Heather to schedule your appointment.



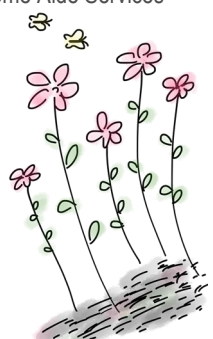
Information for Services, Referrals & Assistance

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



APRIL 2024



Mon	Tue	Wed	Thu	Fri
1 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch	2 10:00 Beginner's Rook 10:30 Dream Dancers 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	3 10:00 Chair Volleyball 10:30 Dot's Music 11:30 Congregate Lunch	4 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	5 10:00 Beginner's Spades 10:30 Trivia 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
8 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch	9 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 \$	10 10:00 Chair Volleyball 10:30 Talk with Brandon 11:30 Congregate Lunch	11 10:00 Crocheting Club 10:00 Hope Sprinkle –NC Service Division for the Blind 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	12 10:00 Beginner's Spades 10:30 Blood Pressure Checks 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
15 10:00 Cardio Drumming 10:25 Talk with Terry 10:30 Quarter Bingo 11:30 Congregate Lunch	16 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 \$	17 9:30 Chair Volleyball 10:00 Second Harvest Food Bank— Gardening with Beth 11:30 Congregate Lunch	18 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	19 10:00 Beginner's Spades 10:30 Crafts 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
22 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch	23 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 \$	24 10:00 Chair Volleyball 10:00 Deputy O'Leary 11:30 Congregate Lunch	25 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	26 10:00 Beginner's Spades 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
29 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch	30 10:00 Beginner's Rook 11:30 Congregate Lunch 4:00 Widow/Widower Supper at EBSC 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$		YVEDDI EAST BEND SENIOR CENTER FACEBOOK PAGE Is where you will find the LIVE with Deputy O'Leary	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.

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.