



# EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

May 2024

## What's Happening...

Every Monday at 10:30 AM: QUARTER BINGO  
 2nd Tuesday of the month at 3 PM: East Bend Happy Quilters  
 May 25th 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– An Overview of Mental Health  
 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  
 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  
 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.)



### NEW:

May 17th at 10:30 AM: Craft Class  
 Registration required by May 12th. This class is free however, contributions are accepted and appreciated. Call EBSC at 336.699.5100 to register.  
 May 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 May 24th.** Call 336.699.5100 to register.  
 May 29th at 10:00 AM: EBSC Talent Show  
 Come share your talent with us! Call to register for a spot for our very first talent show!

### Special Events:

Thursday, May 2nd Mobile Mammogram: Novant Health Breast Centers Mobile Mammogram Unit will be on site at East Bend Senior Center.  
 Monday, May 6th from 11:30 am – 2:00 pm: The Farm will be bringing their veggie van to EBSC to sell strawberries!  
 Tuesday, May 14th at 5 pm: Older American's Month Celebration at Yadkin County Senior Center sponsored by Woodmen Life. Registration required by May 7th. Call 336.699.5100 to register.

### Upcoming Events:

Monday, June 3rd from 11:30 am – 2:00 pm: The Farm will be bringing their veggie van to EBSC to sell peaches and blackberries!

*Remembering the men and women who died while serving our country.*

## 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](http://www.yadkincountyunitedfund.org)



# MAY 2024



Mon	Tue	Wed	Thu	Fri
<p><b>All of our virtual programs can be found on East Bend Senior Center Facebook Page</b></p>	<p>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older.</p> <p>You must be registered.</p> <p>Contact the Nutrition Site Manager for more Information.</p>	<p><b>1</b></p> <p>10:00 Chair Volleyball 10:30 Dot's Music 11:30 Congregate Lunch</p>	<p><b>2</b></p> <p>9:00 Mobile Mammogram 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p><b>3</b></p> <p>10:00 Beginner's Spades/Rook 10:30 Trivia 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p><b>6</b></p> <p>10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 11:30 <b>The Farm - STRAWBERRIES!</b></p>	<p><b>7</b></p> <p>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 \$</p>	<p><b>8</b></p> <p>10:00 Chair Volleyball 10:30 East Bend Police Dept. 11:30 Congregate Lunch</p>	<p><b>9</b></p> <p>10:00 Crocheting Club 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p><b>10</b></p> <p>10:00 Beginner's Spades/Rook 10:30 Blood Pressure Checks 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p><b>13</b></p> <p>10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch</p>	<p><b>14</b></p> <p>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 Older American's Month Celebration at YCSC 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p><b>15</b></p> <p>10:00 Chair Volleyball 10:00 Table Games 11:30 Congregate Lunch</p>	<p><b>16</b></p> <p>10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p><b>17</b></p> <p>10:00 Beginner's Spades/Rook 10:30 Crafts 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p><b>20</b></p> <p>10:00 Cardio Drumming 10:25 Talk with Terry 10:30 Quarter Bingo 11:30 Congregate Lunch</p>	<p><b>21</b></p> <p>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 \$</p>	<p><b>22</b></p> <p>10:00 Chair Volleyball 10:00 Deputy O'Leary 11:30 Congregate Lunch</p>	<p><b>23</b></p> <p>10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p><b>24</b></p> <p>10:00 Beginner's Spades/Rook 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p><b>27</b></p> <p><b>CLOSED</b> Happy Memorial Day!</p> 	<p><b>28</b></p> <p>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 \$</p>	<p><b>29</b></p> <p>9:00 Chair Volleyball 10:00 EBSC Talent Show 11:30 Congregate Lunch</p>	<p><b>30</b></p> <p>10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 4:00 Widow/Widower Supper at EBSC</p>	<p><b>31</b></p> <p>10:00 Beginner's Spades/Rook 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</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.