



# EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

July 2024

## What's Happening...

Every Monday at 10:30 AM: QUARTER BINGO

Monday evenings: Dancing with Judy and the Dream Dancers—**NEW TIME & DAY**

4 PM: Beginners Dance Mix \$5 / 5 PM: Line Dance \$5 / 6 PM: Cloggers \$5

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

July 20th at 9 AM: East Bend Happy Quilters Sew day

2nd Tuesday of the month at 10:30 AM: Partners Health Management - OCD **NEW**

Tuesdays at 10 AM: Beginner's Rook

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 \$2.00 per game plus fee for shoe rental

(This fee is only valid for Friday Senior Bowling at 1 PM.)

### NEW:

July 17th at 10:30 AM: Craft Class

Registration required by July 10th This class is free however, contributions are accepted and appreciated. Call EBSC at 336.699.5100 to register.

July 31st at 10:30AM: Cooking with Emily

Come join us as Emily from Second Harvest food Bank will be doing a food demonstration and teaching us healthy cooking habits. **Registration is Requested**

### Special Events:

Monday, July 8th from 11:30 AM - 2:00 PM: The Farm will be bringing their veggie van to EBSC to sell produce!

July 19th Silent Cake Auction & BINGO Fundraiser

Silent Cake Auction is from 12-5 PM - Bingo starts at 7 PM

Call EBSC for more information

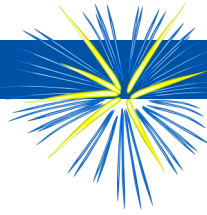
July 25th at 4 PM: Widows/Widowers Supper at East Bend Senior Center

Sponsored by Gentry Family Funeral Services. POT LUCK. Bring a side dish or dessert. Main entrée and drinks are provided. **MUST PRE-REGISTER BY July 19th.**

Call 336.699.5100 to register.

### Upcoming Events:

Monday, August 5th from 11:30 AM - 2:00 PM: The Farm will be bringing their veggie van to EBSC to sell produce!



## 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!

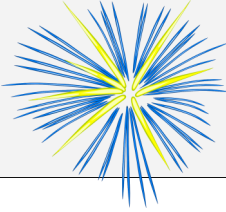
We encourage you to SUPPORT THE Yadkin County United Fund

By Mail: Yadkin County United Fund  
205 S. Jackson Street • Yadkinville, NC 27055  
Or visit [www.yadkincountyunitedfund.org](http://www.yadkincountyunitedfund.org)



# JULY 2024



Mon	Tue	Wed	Thu	Fri
<b>1</b> 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	<b>2</b> 10:00 Beginner's Rook 10:30 Trivia 11:30 Congregate Lunch	<b>3</b> 10:00 Chair Volleyball 10:30 Dot's Music 11:30 Congregate Lunch 1:00 July 4th Ice ream Party	<b>4</b> CLOSED Happy 4th of July! 	<b>5</b> 10:00 Beginner's Spades/ Rook 10:30 Table Games 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
<b>8</b> 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 11:30 am – 2:00 pm <b>The Farm Peaches &amp; Blackberries!</b> 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	<b>9</b> 10:00 Beginner's Rook 10:30 Partners Health Management - OCD 11:30 Congregate Lunch 3:00 East Bend Happy Quilters	<b>10</b> 10:00 Chair Volleyball 10:30 Talk with Brandon - Credit Scores 11:30 Congregate Lunch	<b>11</b> 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	<b>12</b> 10:00 Beginner's Spades/ Rook 10:30 Blood Pressure Checks 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
<b>15</b> 10:00 Cardio Drumming 10:25 Talk with Terry 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	<b>16</b> 10:00 Beginner's Rook 10:30 EMS Health Talk 11:30 Congregate Lunch	<b>17</b> 10:00 Chair Volleyball 10:00 Craft Day with Elissa 11:30 Congregate Lunch	<b>18</b> 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	<b>19</b> 10:00 Beginner's Spades/ Rook 10:30 Reminisce 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK  <b>Silent Cake Auction &amp; BINGO Fundraiser</b>
<b>22</b> 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	<b>23</b> 10:00 Beginner's Rook 10:30 Story Time with Susan 11:30 Congregate Lunch	<b>24</b> 10:00 Chair Volleyball 10:00 Deputy O'Leary 11:30 Congregate Lunch	<b>25</b> 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 4:00 Widow/ Widower Supper	<b>26</b> 10:00 Beginner's Spades/ Rook 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
<b>29</b> 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	<b>30</b> 10:00 Beginner's Rook 10:30 Corn Hole 11:30 Congregate Lunch	<b>31</b> 10:00 Chair Volleyball 10:30 Cooking with Emily from Second Harvest Food Bank 11:30 Congregate Lunch	<b>All of our virtual programs can be found on East Bend Senior Center Facebook Page</b>	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.