



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

October 2024

What's Happening...

Every Monday at 10:30 AM: QUARTER BINGO

Monday evenings: Dancing with Judy and the Dream Dancers

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

October 19th at 9 AM: East Bend Happy Quilters Sew day

2nd Tuesday of the month at 10:30 AM: Partners Health Management - Schizophrenia & Psychosis

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:

October 16th at 10:30 AM - Talk with Heather Poindexter—Stop the Calls
Heather Poindexter will give helpful tips on stopping unwanted calls.

Special Events:

October 24th 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 October 18th. Call 336.699.5100 to register.

October 30th at 10:30 AM: Craft Class

Registration required by October 27th. This class is free however, contributions are accepted and appreciated. Call EBSC at 336.699.5100 to register.

October 31st at 1 PM- Halloween Party— Come join us for some spooktacular fun! Costumes encouraged; light refreshments will be served.



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



OCTOBER 2024



Mon	Tue	Wed	Thu	Fri	
<p>All of our virtual programs can be found on East Bend Senior Center Facebook Page</p>	<p>1 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Dream Dancers 11:30 Congregate Lunch</p>	<p>2 10:00 Chair Volleyball 10:30 Music Time 11:30 Congregate Lunch</p>	<p>3 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>4 10:00 Beginner's Spades/ Rook 10:30 Reminisce 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>	
	<p>7 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>8 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Partners Health Management - Schizophrenia & Psychosis 11:30 Congregate Lunch 3:00 East Bend Happy Quilters</p>	<p>9 10:00 Chair Volleyball 10:30 Corn Hole 11:30 Congregate Lunch</p>	<p>10 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>11 10:00 Beginner's Spades/ Rook 10:30 Blood Pressure Checks 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
	<p>14 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 \$</p>	<p>15 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Health Talk 11:30 Congregate Lunch</p>	<p>16 10:00 Chair Volleyball 10:30 Talk with Heather Poindexter— Stop the Calls 11:30 Congregate Lunch</p>	<p>17 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>18 10:00 Beginner's Spades/ Rook 10:30 Coloring Contest 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
	<p>21 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>22 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Story Time with Susan 11:30 Congregate Lunch</p>	<p>23 10:00 Chair Volleyball 10:30 Deputy O'Leary 11:30 Congregate Lunch</p>	<p>24 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 4:00 Widow Widower Supper</p>	<p>25 10:00 Beginner's Spades/ Rook 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
	<p>28 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>29 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Brain Teasers 11:30 Congregate Lunch</p>	<p>30 10:00 Chair Volleyball 10:30 Craft Class 11:30 Congregate Lunch</p>	<p>31 10:00 Crocheting Club 10:00 Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 1:00 Halloween Party!</p> <p>Happy Halloween!</p>	<p>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.</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.