



East Bend Senior Nutrition Center January 2013



Mon	Tue	Wed	Thu	Fri
	1 CLOSED	2	3	4
7	8	9	10	11
14	15	16	17	18
21 CLOSED	22	23	24	25
28	29	30	31	



East Bend Senior Nutrition Center February 2013



Mon	Tue	Wed	Thu	Fri
				1 <i>BINGO</i>
4 <i>Line Dance SC Birthday Party</i>	5 <i>Hospice & Palliative Care w/ Rosemary Niles</i>	6 <i>Dot Melodies Blood Pressure-Quality Care</i>	7 <i>Movin & Grovin and Stretches w/ Brenda</i>	8 <i>Nutrition BINGO</i>
11 <i>Line Dance New Year, New You w/ Amy Wilhelm, Mt Valley Hospice</i>	12 <i>Valentine Party by Willow Brooke Nursing Home</i>	13 <i>New Horizons Line Dance</i>	14 <i>Home Safety Disaster Plan & Supplies w/ Brenda</i>	15 <i>Nutrition BINGO Medicinal & Honey Helps Heal Skin Ulcers (article)</i>
18 <i>Line Dance George Hennings Band</i>	19 <i>Smoky Mountain Behavior Cen- ter w/ Debbie Rochelle "Filling the Day w/ Meaning"</i>	20 <i>Tommy & Ardith Browder "Singing"</i>	21 <i>Movin & Grovin & Stretches w/ Brenda</i>	22 <i>Home Safety "If Lights Go Out" (article) w/ Brenda</i>
25 <i>Line Dance Congregate Meeting—Likes & Dislikes</i>	26 <i>"Black History" East Bend Library w/ Susan Hutchens</i>	27 <i>Nutrition BINGO</i>	28 <i>Visitation</i>	






East Bend Senior Nutrition Center

March 2013



Mon	Tue	Wed	Thu	Fri
				1 Corn Hole
4 Line Dance SC Birthday	5 Chorus BINGO	6 Line Dance BP Zumba Gold	7 Article on Avoiding Poi- son Oak & Poison Ivy	8 Stretches & Breathing Exercises
11 Line Dance Girl Scouts Allergies w/ Amy Wil- helm, Mt Valley Hospice	12 Chorus Hospice Palliative Care Center w/ Rosemary Niles	13 Line Dance New Horizons Zumba Gold	14 Show & Tell	15 St. Patrick Party 
18 Line Dance George Hennings Band	19 Chorus Smoky Mountain "It's All About Your Ap- proach" w/ Debbie Rochelle	20 Line Dance Nutrition BINGO Zumba Gold	21 Cooking & Kitchen Safety	22 Movin & Grovin
25 Line Dance Congregate Meeting Likes & Dislikes	26 Chorus EB Library "Easter Top- ic" w/ Susan Hutchens	27 Line Dance Nutrition BINGO Zumba Gold	28 Visitation	29 Good Friday - CLOSED



East Bend Senior Nutrition Center

April 2013




Mon	Tue	Wed	Thu	Fri
1 CLOSED	2 Chorus "Smilin Feet" article on Foot Care/Health Safety w/ Brenda	3 Line Dance w/ Dot Melodies Sign A Long BP w/ Lucille Horn Zumba Gold	4 BINGO	5 Bee Stings Info/Safety article w/ Brenda
8 Line Dance "National Health Cake" w/ Amy Wilhelm, Mt. Valley Hospice	9 Chorus Wireless & Phone Questions w/ Shannon Adams, YV Telephone	10 Line Dance NH Zumba Gold	11 BINGO & Stretches	12 Planning our trip outing to Shatey Springs
15 Line Dance George Hennings Band SC Birthday Party	16 Chorus Nutrition BINGO	17 Line Dance Tommy & Ardith Browden Zumba Gold	18 Movin & Grovin	19 "Spinder Alerts" article w/ Brenda
22 Line Dance Corn Hole	23 Chorus Smoky Mtn. w/ Debbie Rochelle "Healthy Boundaries" Senior Supper	24 Line Dance Nutrition BINGO Zumba Gold	25 Movin & Grovin	26 Jokes Shared by everyone
29 Line Dance Congregate Meeting "Likes & Dislikes"	30 Chorus EB Library w/ Susan Hutchens "TBD" (Trivia)			



East Bend Senior Nutrition Center

May 2013



Mon	Tue	Wed	Thu	Fri
		1 Line Dance Blood Pressure Checks w/ Lucille Horn Zumba Gold	2 Test Your Sodium Smart Quiz	3 Brain Teaser's Puzzle
6 Line Dance BINGO	7 Emergency Situation in Site w/ Brenda	8 Line Dance Line Dance w/ New Horizons Zumba Gold	9 Movin & Grovin Stretches	10 Corn Hole Game
13 Line Dance SC Birthday Party Blood Donations w/ Amy Wil- helm, Mt. Valley Hospice	14 Hospice & Palliative w/ Tina Steams	15 Line Dance Dot's Melodies & Sing-A- Long Zumba Gold	16 Housing Safety Checklist	17 BINGO
20 Line Dance George Hennings Band	21 Smoky Mountain w/ Deb- bie Rochelle "Effective Communication"	22 Line Dance Nutrition BINGO Zumba Gold	23 Movin & Grovin Stretches	24 Honor Veterans w/ Randy Louette
27  CLOSED Memorial Day	28 "Trivia" w/ Susan Hutchens, EB Library	29 Line Dance BINGO Zumba Gold	30 Congregate meeting Likes & Dislikes Fraud Training w/ Gilda Pruitt	31 Visitation



East Bend Senior Nutrition Center

June 2013





Mon	Tue	Wed	Thu	Fri
3 Line Dance Visitation	4 Summer Safety Tips Discussion	5 Dot Sing-a-Long BP w/ Lucille Horn Zumba Gold	6 11:00 AM Corn Hole Game 1:00 PM Field Trip to Senior Games	7 BINGO
10 Line Dance SC Birthday Heart Health w/ Amy Wil- helm, Mtn. Valley Hospice	11 Hospice Palliative Care w/ Tina Stearns	12 Line Dance Zumba Gold	13 Show & Tell	14 Nutrition BINGO
17 Line Dance George Hennings Band	18 Smokey Mountain Making Moments of Joy	19 Piedmont Together Overview w/ Rachel Bates Zumba Gold	20 Tornadoes & Drills	21 BINGO 
24 Line Dance Congregate Meeting Likes & Dislikes	25 Trivia w/ Susan Hutchens, East Bend Library	26 Movin & Groovin and Stretch- es w/ Brenda	27 Brain Teasers Words & Puzzles	28 Nutrition BINGO



East Bend Senior Nutrition Center

July 2013



Mon	Tue	Wed	Thu	Fri
1 Line Dance Celebrate Independence Day w/ Randy Rovette	2 Senior Center Birthday Party	3 Sing Along w/ Dot BP w/ Lucille Horn Zumba Gold	4 CLOSED 	5 CLOSED
8 Line Dance Heat Stroke w/ Amy Wil- helm, Mt. Valley Hospice	9 Hospice & Palliative Care w/ Tina Sterns	10 Line Dance Zumba Gold	11 Movin & Grovin	12 Nutrition BINGO
15 Line Dance George Hennings Band	16 Heat Safety Tips w/ Bren- da	17 Katherine Harigan w/ Red Cross Zumba Gold	18 Healthy You Article w/ Brenda	19 Nutrition BINGO
22 Line Dane Protein Foods Article w/ Brenda	23 Smoky Mountain "Having Good Boundary" w/ Deb- bie Rochelle	24 Beltone w/ Samantha Dixon	25 Movin & Grovin	26 BINGO
29 Line Dance Congregate Meeting Likes & Dislikes	30 East Bend Library Trivia w/ Susan Hutchens	31 Visitation Zumba Gold		 YVEDDI <small>YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.</small>



East Bend Senior Nutrition Center

August 2013



Mon	Tue	Wed	Thu	Fri
			1 Visitation	2 BINGO
5 Line Dancing Preventing Eye Injuries w/ Brenda	6 "Cold Laser" Presentation w/ Sarah Miller	7 Dot Melodies BP Checks w/ Lucille Horn	8 Trip to GSO to FIN	9 BINGO
12 Line Dance SC Birthday Party Lyme Disease w/ Amy Wil- helm, Mt Valley Hospice	13 Hospice & Palliative: "Artifical Nutrition/Hydration" w/ Rose Mary Niles	14 New Horizon's Line Dance	15 Movin & Grovin plus Stretch- es	16 Nutrition BINGO
19 Line Dance George Hennings Band	20 Smoky Mountain "TBD" w/ Jamie Shatley	21 Corn Hole Game	22 Inside Volley Ball	23 Nutrition BINGO
26 Line Dance Congregate Meeting: Likes & Dislikes	27 "Trivia" w/ Susan Hutchens, EB Library	28 Cholesterol Quiz w/ Brenda	29 "Are Your Smarter than a 5th Grader" Game w/ Pat W.	30 BINGO



East Bend Senior Nutrition Center

September 2013



Mon	Tue	Wed	Thu	Fri
2 CLOSED Labor Day	3 Lazer Therapy w/ Susan Miller	4 Dot Melodies BP Checks w/ Lucille Horn	5 Nutrition BINGO	6 Comedy w/ Dennis Shaw
9 Line Dance Multiple Scoliosis w/ Amy Wilhelm, Mt. Valley Hospice	10 Corn Hole	11 Driving for Seniors w/ Sgt. Kevin Henley	12 BINGO	13 22 Tips for Avoiding Scams Article w/ Brenda
16 Line Dance George Hennings Band	17 Smoky Mountain "Depression" BINGO w/ Debbie Rochelle	18 Old Timers Day Dress Up	19 Nutrition BINGO	20 Movin & Grovin w/ stretches
23 Fall Prevention Week Line Dance Fall Prevention-speaker	24 "Trivia" w/ Susan Hutchens, EB Library	25 Congregate Meeting Likes & Dislikes	26 BINGO	27 Movin & Grovin w/ stretches
30 Line Dance Visitation				



East Bend Senior Nutrition Center

October 2013



Mon	Tue	Wed	Thu	Fri
	1 Laser Therapy w/ Susan Miller	2 Aaron Church, County Manager	3 Nutrition BINGO	4 Dot Mellodies Sing-a-Long
7 "Music" Therapy w/ Katie Cyre, Hospice Palliative	8 Field Trip "Dixie Classic" Fair	9 Blood Pressure w/ Lucille Horn	10 BINGO	11 Movin & Grovin and Stretches w/ Brenda
14 "Influenza" Mt. Valley Hospice	15 Smoky Mountain w/ Freddie Rhodes	16 Driver Safety Article	17 Nutrition BINGO	18 Movin & Grovin and Stretches
21 George Henning's Band	22 "Trivia" w/ Susan Hutchens, East Bend Library	23 Avoiding Scams article	24 BINGO	25 Movin & Grovin and Stretches w/ Brenda
28 "Trivia" w/ Pat West	29 Congregate Meeting Likes & Dislikes	30 BINGO Flu Shots 11:30 am - 1:00 pm	31 <i>Halloween</i> Halloween Dress Up w/ Pat Nester	



East Bend Senior Nutrition Center November 2013



Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11 CLOSED Veteran's Day 	12	13	14	15
18	19	20	21	22
25	26	27	28 CLOSED	29 CLOSED





East Bend Senior Nutrition Center December 2013



Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24 CLOSED	25 CLOSED Christmas 	26 CLOSED	27
30	31			