



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



# 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 - <span style="color: green;">CLOSED</span>



# East Bend Senior Nutrition Center

## April 2013




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



# 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 <b>CLOSED</b> 	5 <b>CLOSED</b>
8 Line Dance Heat Stroke w/ Amy Wilhelm, 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/ Brenda	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/ Debbie 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		 <b>YVEDDI</b> <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 <b>CLOSED</b> 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 Visitation
4 Winter Fire Safety w/ Brenda	5 <b>Closed for Voting</b>	6 Dot Melodies w/ Dot Mat- thews	7 BINGO w/ Pat Weston	8 Movin & Grovin w/ Bren- da
11 <b>CLOSED</b> Veteran's Day 	12 SC Birthday Celebration Laser Therapy w/ Susan Miller	13 BP Checks w/ Lucille Horn	14 Nutrition BINGO w/ Pay Weston	15 Movin & Grovin w/ Bren- da
18 George Hennings Band	19 Smoky Mountain w/ Deb- bie Rochelle (TBD)	20 Trip to Ollies, Mrs. Hanes Cookie Factory and Pe- te's for bunch	21 Nutrition BINGO w/ Pat Weston	22 Movin & Grovin
25 Cold Weather Car & Traveling Preparation	26 Trivia w/ Susan Hutches, East Bend Library	27 Beltone Visitation	28 <b>CLOSED</b>	29 <b>CLOSED</b>





# 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 <b>CLOSED</b>	25 <b>CLOSED</b> Christmas 	26 <b>CLOSED</b>	27
30	31			