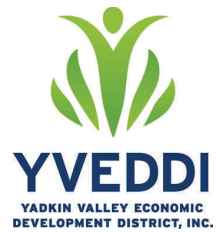


EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

June 2014

Information and Referral

- Fitness Health Promotion
- Senior Games
- Family Support Groups
- Transportation Medical/General
- Caregivers Classes
- Energy Assistance
- Home Repair/ Modification
- Medicaid/Medicare Benefits
- Job Training Placement
- Telephone Reassurance
- Disaster Services
- Long-term Care Facilities
- Rehabilitation Services
- Durable Medical Equipment Asst. Device
- Health Screenings
- Food Distribution
- Tax Preparation Counseling

Senior Centers

E T E X E R C I S E A N E G V	BINGO	TRIPS
A T C G A M E S V G W O E Y G	CELEBRATIONS	VOLUNTEERS
S R S S E N L L E W A I O T V	DANCES	WELLNESS
T I B F Q N L A C O F T O T K	EASTBEND	
B P O P U V U L O H M A I D A	EDUCATION	
E S R P R O G T H W H Z Z A P	EXERCISE	
N N E C E L E B R A T I O N S	FRIENDS	
D O C W F U Z F Z I X L Z C L	FUN	
S I R H M N R S Y F T A O E F	GAMES	
L T E J C T H R T U B I N S R	HEALTH	
A A A E Z E T O Q N I C O P I	MEALS	
E C T U B E L I C R J O A N E	NUTRITION	
M U I O R R A N D T M S U N N	RECREATION	
E D O G R S E E M U F Z C U D	SENIORS	
L E N A G M H S O G N I B E S	SOCIALIZATION	

Important Announcements

June 3rd - Shatley Springs Day Trip includes transportation, breakfast, tax, tip, and ice cream. After breakfast we will stop by the cheese factory in Jefferson, then stop by Wilkesboro for an ice cream sundae at McDonalds.

June 12th - Silver Arts Show at Surry Community College. Social at 3:30PM Show starts at 5PM. Enjoy a talent show and see handmade arts by our local seniors. Free Admission

June 19th - Masquerade Prom at Jonesville Senior Center \$5 includes catered meal and live music by the Stan Bobbitt Band.

June 27th - Seagrove Pottery \$10 includes transportation.

We will be closed July 4th for holiday, and July 12th for voting



*Happy
Father's
Day*

June 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9 Line Dance \$4 10 Journal Now 11 Word Search Puzzles 12 Crocheting 4 Clogging 5:30 Variety Dance</p>	<p>3</p> <p>8 Day trip to Shatley Springs 9 Young at Heart 10 Journal Now 11 Yadkin Valley Telephone 12 Painting Club 7 Sassy Seniors</p>	<p>4</p> <p>9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ Jonesville 11 Dot's Music Melodies 1 Sr Bowling Mt Airy Lanes \$1.50 per game</p>	<p>5</p> <p>10 Journal Now 11 BINGO 7:30 Line Dance Adv\$4</p>	<p>6</p> <p>10 Journal Now. 10:30 Open Cards 11 Movin and Groovin 7 Rook</p>
<p>9</p> <p>9 Line Dance \$4 10 Journal Now 11 Birthday Party 11 Mt Valley Hospice with Amy Wilhelm 12 Crocheting 4 Clogging 5:30 Variety Dance</p>	<p>10</p> <p>9 Young at Heart 10 Journal Now 11 YC Sheriffs dept w/ Deputy Diaz. Crime Prevention 12 Painting Club 7 Sassy Seniors</p>	<p>11</p> <p>9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ Jonesville 11 Blood Pressure ✓ 1 Sr Bowling Mt Airy Lanes \$1.50 per game</p>	<p>12</p> <p>10 Journal Now 11 Nutrition BINGO 7 Ruritan Club 7:30 Line Dance Adv\$4</p>	<p>13</p> <p>10 Journal Now 10:30 Open Cards 11 Word Search 11 Movin & Groovin 7 Rook</p>
<p>16</p> <p>9 Line Dance \$4 10 Journal Now 11 George Hennings Band 12 Crocheting 4 Clogging 5:30 Variety Dance</p>	<p>17</p> <p>9 Young at Heart 10 Journal Now 11 Smokey Mountain Behavior Health w/ Debbie Rochette 12:30 EBPL Movie 12 Painting Club 7 Sassy Seniors</p>	<p>18</p> <p>9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ Jonesville 11 Safety with Pat Weston 1 Sr Bowling Mt Airy Lanes \$1.50 per game</p>	<p>19</p> <p>10 Journal Now 11 BINGO 6:00 Masquerade Prom @ Jonesville 7:30 Line Dance Adv\$4</p>	<p>20</p> <p>10 Journal Now 10:30 Open Cards 11 Movin & Groovin 7 Rook</p>
<p>23</p> <p>9 Line Dance \$4 10 Journal Now 11 Corn Hole 12 Crocheting 4 Clogging 5:30 Variety Dance</p>	<p>24</p> <p>9 Young at Heart 11 Trivia with Susan EBPL 12 Painting Club 7 Sassy Seniors</p>	<p>25</p> <p>9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ Jonesville 11 Novant Health (Medication Management) 11 Likes and Dislikes 1 Sr Bowling Mt Airy Lanes \$1.50 per game</p>	<p>26</p> <p>10 Journal Now 11 Nutrition BINGO 7:30 Line Dance Adv \$4</p>	<p>27</p> <p>Day trip to Seagrove Pottery Asheboro, NC 10 Journal Now 10:30 Open Cards 11 Movin& Groovin 7 Rook</p>
<p>30</p> <p>9 Line Dance \$4 10 Journal Now 11 Visitation 12 Crocheting 4 Clogging 5:30 Variety Dance</p>		<p>Lunch served Monday-Friday at 11:30 a.m. for ages 60 and older.</p> <p>Registration required.</p> <p>See Nutrition Site Manager to pre-registered.</p>	<p>New on Friday's</p> <p>Open cards 10:30AM</p> <p>Uno, Rook, or Rummy.</p> <p>All Cards provided.</p>	<p>Free movie showing at the Library</p> <p><u>"The Secret Life of BEEs"</u></p> <p>FREE popcorn and lemonade provided</p>

Mission Statement: "To Enhance the Quality of life for Senior Adults"

