

EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

February 2014

Important Announcements

New: Movie Madness Starting once per month The East Bend Library will be showing a movie at 1:00PM popcorn and drink provided by the Senior Center. Showing February 18, "Amish Grace" based on a true story. Free for everyone.

Happy New Year 2014

Get done with 2013 with Free tax preparation.

Thursdays and Saturdays only Vita trained volunteers will prepare Low to moderate simple federal and state tax returns free of charge. Call 699-5100 to make an appointment.

LISTEN UP Stay warm this season It's so cold outside' how cold is it. you ask?

Well its so cold grandpa's teeth are chattering...In the glass!



Senior Advocacy

Check out the Advocacy Bulletin Board at the center. Current contact information for all elected officials is available for your use. Voter registration forms are available for you at the center. You may pick one up free of charge and fill it out on your own or assistance is available if needed.

Donations

Donations are accepted and appreciated. Bingo prizes, craft supplies, voluntary consumer contributions are tax deductible.

Volunteer Opportunities

Volunteer opportunities are available at the center and throughout the community. We will be happy to assist you in finding a rewarding volunteer position that you will enjoy.

Community Use

This building is available for community use. You may reserve spaces in the building for receptions, rehearsal dinners, birthday parties, family reunions, and proms. Call for pricing and availability.

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
- Legal Services
- Respite Housing
- Adult Day Care/Day Health
- Reverse Mortgage Counseling
- Home Health Services
- In-home Aide Services
- Hospice Care
- Social Security Benefits
- Community Mental Health
- Congregate/Home Delivered Meals
- Insurance Counseling
- Report Suspected Abuse, Neglect or Exploitation

Love Caramel Here is a easy fix

Easy, cheap, delicious homemade caramel! Put an unopened can of sweetened condensed milk into a crockpot, cover it with water, lid on, turn it on low. 8 hours later, take it out and cool it in the fridge for at least 2 hours.

January 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch is at 11:30 Everyday.	Valentines Dance February 13 will include Spaghetti Dinner, Stan Bobbitt Entertainment, Door Prizes, and Lovely Evening. \$10 get your ticket now.	SENIOR GAMES: Registration will be March 1-31 \$10 per person. Must be 50 by December 31 2014. Come see Rhonda for your forms.	BLACK HISTORY at Home in Mt Airy Day trip Feb 19 We will leave EB at 9AM for shopping downtown Mt Airy, Lunch on you own then we will head to Jones Auditorium for JJ Jones School History with Edward McDaniels. Free trip	
3 9 Line Dance \$4 10 Journal now 11 Word Search 11:30 Birthday Party 12 Crocheting 4 Clogging 5:30 Variety Dance	4 9 Young at Heart 10 Journal Now 11: Food Safety 12 Painting Club 7 Sassy Seniors	5 9 Line Dance \$4 For Beginners 10 Journal Now 11 Dot music melodies 12 Paper Beads	6 10 Journal Now 11 BINGO 7:30 Line Dance Adv\$4	7 10 Journal Now 11: Movin and Grovin 7 Rook
10 9 Line Dance \$4 10 Journal now 10:30 Birthday Party 11 Mt Valley Hospice 12 Crocheting 4 Clogging 5:30 Variety Dance	11 9 Young at Heart 10 Journal Now 11: US Trivia 12 Painting Club 7 Sassy Seniors	12 9 Line Dance \$4 For Beginners 10 Journal Now 11: Humor w/ Dollie 11: Blood Pressure 12 Paper Beads	13 10 Valentines Party 10 Journal Now 11 Nutrition BINGO 5:00 Valentines Dance	14 10 Journal Now 11 Valentines Party 7 Rook
17 9 Line Dance \$4 10 Journal now 11: George Henning 11:30 Birthday Party 12 Crocheting 4 Clogging 5:30 Variety Dance	18 9 Young at Heart 10 Journal Now 11: Smokey Mountain Behavior Health 1 EBPL Movie 12 Painting Club 7 Sassy Seniors	19 9 Line Dance \$4 For Beginners 10 Journal Now 11: Exercise you Brain 12 Paper Beads Day Trip to Mt Airy	20 10 Journal Now 11 Nutrition BINGO 7:30 Line Dance Adv \$4	21 10 Journal Now 11 Moving and Grovin 7 Rook
24 9 Line Dance \$4 10 Journal now 11 Safety Information 12 Crocheting 4 Clogging 5:30 Variety Dance	25 9 Young at Heart 11 EB Library Trivia W/ Susan, MLK 12 Painting Club 7 Sassy Seniors	26 9 Line Dance \$4 For Beginners 10 Journal Now 11: Likes and Dislikes 12 Paper Beads	37 10 Journal Now 11 Nutrition BINGO 7:30 Line Dance Adv \$4	.28 10 Journal Now 11 Everyones a Critic (word search). 7 Rook

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



INCLEMENT WEATHER POLICY

The center follows the Yadkin County School System. If
the school is closed, the center will be also.

