

EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

February 2014

Important Announcements

New: Movie Madness

The East Bend Library will show a movie every month starting
February 18th at 1:00 PM

Popcorn and drink provided by the East Bend Senior Center
"Amish Grace" ~ based on a true story

VITA Income Tax Assistance Program

Free Tax Preparation

VITA trained volunteers will prepare low to moderate simple Federal and State
tax returns free of charge.

Thursdays and Saturdays only

By appointment only, walk-ins will not be accepted.
Please call 336-699-5100 to schedule an appointment

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

Valentine Dance

February 13, 2014

5:30 p.m.

East Bend Senior Center

473 E. Main Street

East Bend, NC 27018

\$10 per person, includes Spaghetti Dinner

Door Prizes

Entertainment by Stan Bobbitt

Tickets available at East Bend Senior Center or Yadkin County Senior Center



I'm speeding because

I have to get there

before I forget

where I'm going.

February 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch is served at 11:30 a.m. everyday.	SENIOR GAMES: Registration will be March 1 through 31 \$10 per person Must be 50 years old by December 31, 2014 to participate See Rhonda Beavers for your registration forms		Day Trip (free) BLACK HISTORY at Home February 19th We will leave East Bend Senior Center at 9AM for shopping in downtown Mt Airy, Lunch is on your own, then we will head to Jones Auditorium for JJ Jones School History with Edward McDaniels.	
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 Valentine's Party 10 Journal Now 11 Nutrition BINGO 5:30 Valentine's Dance	14 10 Journal Now 11 Valentine's 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	27 10 Journal Now 11 Nutrition BINGO 7:30 Line Dance Adv \$4	28 10 Journal Now 11 Everyone's a Critic (word search). 7 Rook

Mission Statement:

"To Enhance the Quality of life for Senior Adults"



INCLEMENT WEATHER POLICY

The Senior Center follows the same inclement weather closings as the Yadkin County School System.

