

# 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.	<b>SENIOR GAMES:</b> 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		<b>Day Trip</b> <b>BLACK HISTORY at Home</b> <b>February 19th</b> We will leave East Bend Senior Center 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 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.

