

EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

August 2014

Important Announcements

NEW EXERCISES CLASS: Monday mornings 10-11AM. With Pat Atkins Monday \$3 for one hour Upper body and Walking (45 minutes) and basic line dance (15 minutes). Chair or stand exercise.

Day Trip: August 22 Lake Norman Catawba Queen and Picnic \$30 provides lunch , transportation and boat ride.

Call Rhonda at (336) 699-5100 for more information or to register.

Coming in September: Day trip to Greensboro for a day of shopping. More details coming soon.

YVEDDI 5K Walk/Run - October 25, 2014

Time 9:00 a.m. starting at the Yadkinville Senior Center on East Hemlock Street. If you would like to participate, volunteer, or be a sponsor please call Cathy Hennings @ (336) 978-5567.

Benefits the Yadkin County Meals-on-Wheels.



New fun game to play Left, Right & Center. Come learn how. Guaranteed to laugh. We will be playing on Fridays @ 10:30 a.m. Sampling will be on Tuesday Aug. 5th. Come try it..

4 - 5 Boneless Skinless Chicken Breasts, thawed
1 bottle Heinz Chili Sauce {12 oz.}
1 can Dole Pineapple chunks {20 oz.}
1/3 cup Brown Sugar

Cook chicken in crockpot on high for 3 hours {covered}

After 3 hours, drain juices from crockpot

Mix together chili sauce, brown sugar, and all of the pineapples from the can + 1/2 of the pineapple juice from the can.

Pour mixture over chicken, and cook on high for 30 more minutes {covered}, or until done.

Make sure to poke a pineapple onto your fork with a chunk of chicken for a burst of flavor with each bite! ;) Yum!

**Crockpot
Hawaiian Chicken**



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

August 2014

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10 Journal Now 10:30 Open Cards 7 Rook
4 9 Line Dance \$4 10 Journal Now 10: Sittersize New \$3 11 Woo Ball 12 Crocheting 4 Clogging 5:30 Variety Dance	5 10 Journal Now 11 Left, Right, Center 12 Painting Club 7 Sassy Seniors	6 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Dot's Music Melodies 1 Sr Bowling Mt Airy \$1.50 per game	7 10 Journal Now 11 Nutrition BINGO 7:30 Line Dance Adv\$4	8 10 Journal Now 10:30 Open Cards Pajama Dy 7 Rook
11 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Birthday Party 11 Mt Valley Hospice "Skin Disorders" 12 Crocheting 4 Clogging 5:30 Variety Dance	12 10 Journal Now 11 Deputy Diaz YC sher- iffs Dept Crime Prev. 12 Painting Club 7 Sassy Seniors	13 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 BP Checks 1 Sr Bowling Mt Airy \$1.50 per game	14 10 Journal Now 11 Luau Party With Pat 7:30 Line Dance Adv\$4	15 10 Journal Now 10:30 Open Cards Ice Cream Day 7 Rook
18 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Bluegrass Band 12 Crocheting 4 Clogging 5:30 Variety Dance	19 10 Journal Now 11 Smokey Mt 12 Painting Club 7 Sassy Seniors	20 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Likes and Dislikes 1 Sr Bowling Mt Airy Lanes \$1.50 per game	21 10 Journal Now 11 BINGO 7:30 Line Dance Adv \$4	22 Day Trip to Lake Nor- man & Picnic \$30 10 Journal Now 10:30 Open Cards Crazy Hat Day 7 Rook
25 9 Line Dance \$4 10 Journal Now 10 Sittersize \$3 11 Board Games 12 Crocheting 4 Clogging 5:30 Variety Dance	26 10 Journal Now 11 EBPL W/Susan Trivia 12 Painting Club 7 Sassy Seniors	27 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Novant Health BP's 1 Sr Bowling Mt Airy Lanes \$1.50 per game	28 10 Journal Now 11 BINGO 7:30 Line Dance Adv \$4	29 10 Journal Now 10:30 Open Cards 11:00You Tube Day 7 Rook



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