

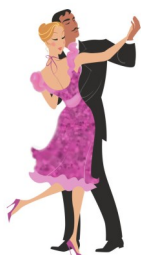
EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

July 2014

Important Announcements



July 24th 6PM-8PM Dancing through the decades. With Live Music by, The Stan Bobbitt Band. Wear your favorite attire or come as you are. \$5 refreshments provided here at the East Bend Senior Center

I want to welcome MISTY HIGGINS on the new position of Site Manager in our Nutrition Site at East Bend Senior Center she is over the meals on wheels program and our congregate site.

Meals on Wheels is having a 5K Run on October 25, 2014 Time 9:00AM 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.



Sparkling Peach Punch

Ingredients

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|--|---|
| 3 cups water | 1 - 11.3 ounce can peach nectar |
| 1 1/2 cups sugar | 1/2 cup lemon juice |
| 1 - 3 ounce package peach-flavored gelatin | 8 - 10 ounce bottle ginger ale or club soda |
| 1 - 29 ounce can peach slices in light syrup | |

Directions

1. In large saucepan combine water, sugar, and gelatin. Bring to boiling, stirring to dissolve.
2. Place undrained peach slices in blender. Cover; blend until smooth. In extra-large bowl combine gelatin mixture, pureed peaches, peach nectar, and lemon juice. Divide peach mixture among four 1-quart containers. Cover and freeze overnight or until firm. NOTE: Mixture can be frozen up to 3 months. Use as many containers as needed to continue with Step 3. (Each quart makes 6 servings.)
3. To serve, place one or more containers at room temperature for 1 hour. Break in chunks with large fork. Place in punch bowl or jug. Stir in 2 bottles of ginger ale per container of peach mixture until slushy. Makes 24 servings (four 6-serving batches).

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



July 2014

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10 Journal Now 11 July 4th Trivia 12 Painting Club 7 Sassy Seniors	2 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	3 10 Journal Now 11 Carillion Assisted Living Game Day w/ Niki 7:30 Line Dance Adv\$4	4 Independence Day CLOSED
7 9 Line Dance \$4 10 Journal Now 11 Trivia Day w/ Pat 12 Crocheting 4 Clogging 5:30 Variety Dance	8 10 Journal Now 11 YC Sheriffs dept w/ Deputy Diaz. Crime Prevention 12 Painting Club 7 Sassy Seniors	9 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 BP Checks 1 Sr Bowling Mt Airy \$1.50 per game	10 10 Journal Now 11 Nutrition BINGO 7 Ruritan Club 7:30 Line Dance Adv\$4	11 10 Journal Now 10:30 Open Cards 11 Home Instead w/ Crissy Prevette 7 Rook
14 9 Line Dance \$4 10 Journal Now 11 Birthday Party 11 Mt Valley Hospice "Stroke" 12 Crocheting 4 Clogging 5:30 Variety Dance	15 CLOSED for voting	16 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Family Fued & popcorn 1 Sr Bowling Mt Airy \$1.50 per game	17 10 Journal Now 11 BINGO 6 Dance through the Decades with Stan Bobbitt \$5 7:30 Line Dance Adv\$4	18 10 Journal Now 10:30 Open Cards 11 Fact or Crap 7 Rook
21 9 Line Dance \$4 10 Journal Now 11 Bluegrass Band 12 Crocheting 4 Clogging 5:30 Variety Dance	22 10 Journal Now 11 12:30 EBPL Movie "Relative Stranger" 12 Painting Club 7 Sassy Seniors	23 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 Novant Health 1 Sr Bowling Mt Airy Lanes \$1.50 per game	24 10 Journal Now 11 Nutrition BINGO 7:30 Line Dance Adv\$4	25 10 Journal Now 10:30 Open Cards 11 Fact or Crap 7 Rook
28 9 Line Dance \$4 10 Journal Now 11 Likes & Dislikes 12 Crocheting 4 Clogging 5:30 Variety Dance	29 10 Journal Now 11 Luau Party w/Pat 12 Painting Club 7 Sassy Seniors	30 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ YVSC 11 1 Sr Bowling Mt Airy Lanes \$1.50 per game	31 10 Journal Now 11 BINGO 7:30 Line Dance Adv\$4	

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

