

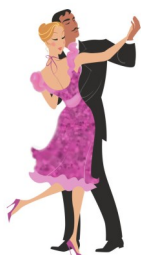
# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

July 2014

## Important Announcements



July 24th 6 p.m. - 8 p.m.

**Dancing Through The Decades** with live music by, The Stan Bobbitt Band. Wear your favorite attire or come as you are. \$5 includes refreshments.

Welcome MISTY HIGGINS. She joins us as the Nutrition Site Manager at East Bend Senior Center She will be managing the Meals-on-Wheels program and our Congregate Site.

### 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.



## Sparkling Peach Punch

### Ingredients

- |  |   |
|--|---|
| 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 Feud & 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"

**Rhonda Beavers, Director - 336-699-5100**