EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

March 2014

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 Heath 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

Important Announcements

Vita Tax Program, Free tax preparation

By appointment only. Please call 336-699-5100

<u>Yadkin Valley Senior Games</u> registration forms are here - \$10 per participant - includes goodie bag with tee shirt. Deadline is March 31, so sign up now, see Rhonda.

New Motivation Exercise Class - Move & Lose

\$4 per person per class, Tuesday nights starting at 6:00 p.m. Instructors: Patsy Norman and Gray Lane. It is a weight loss aerobic type exercise. Try your 1st class for *Free*.

NEW Crime Prevention Seminars with Deputy Diaz from the Yadkin County Sherriff's office. Presentations will be held on the 2nd Tuesday of each month, starting at 10:45 a.m.

She will cover Scams, Fraud, and Safety risk. Please don't miss out on these important programs. It could save you a lot of heartache and frustration in the future.

An elderly woman was arrested for shoplifting at a grocery store. When she appeared before the judge, the judge asked what she had taken. The lady replied, "A can of peaches." The judge then asked why she had done it. She replied, "I was hungry and forgot to bring any cash to the store." The judge asked how many peaches were in the can. She replied, "Nine." The judge said, "Well then, I'm going to give you nine days in jail--one day for each peach." As the judge was about to drop his gavel, the lady's husband raised his hand and asked if he might speak. The judge said, "Yes, what do you have to add?" The husband said, "Your honor, she also stole a can of peas."

March 2014

Monday	Tuesday	Wednesday	Thursday	Friday
3 9 Line Dance \$4 10 Journal now 11Word Search 12 Crocheting 4 Clogging 5:30 Variety Dance	4 9 Young at Heart 10 Journal Now 11 Show and Tell 12 Painting Club 6 Move & Lose \$4 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 Nutrition 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 Deputy Diaz Crime prevention 12 Painting Club 6 Move & Lose \$4 6 Quilters Guild 7 Sassy Seniors	12 9 Line Dance \$4 For Beginners 10 Journal Now 11 R U smarter than a 5th grader w/ Pat 11 Blood Pressure 12 Paper Beads	13 10 Valentines Party 10 Journal Now 11 BINGO 7 Ruritan Club 7:30 Line Dance Adv\$4	14 10 Journal Now 11 Moovin & Groovin 7 Rook
17 9 Line Dance \$4 10 Journal now 11 George Henning 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 6 Move & Lose \$4 7 Sassy Seniors	19 9 Line Dance \$4 For Beginners 10 Journal Now 11 Fire Chief Ronnie Bolt, Fire Safety 12 Paper Beads	20 10 Journal Now 11 Nutrition BINGO 7:30 Line Dance Adv \$4	21 10 Journal Now 11 Nutrition Puzzles 7 Rook
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 12 Painting Club 6 Move & Lose \$4 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 BINGO 7:30 Line Dance Adv \$4	.28 10 Journal Now 11 Moovin& Groovin 7 Rook
31 9 Line Dance \$4 10 Journal now 11 fellowship/catch up 12 Crocheting 4 Clogging 5:30 Variety Dance		March 18 Free movie showing at the East Bend Library Driving Miss Daisy FREE popcorn and lemonade provided		Lunch served everyday at 11:30 for ages 60 and older - must be regis- tered. Please see Brenda Mat- thews, Nutrition Site Manager.

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





INCLEMENT WEATHER POLICY

The center follows the Yadkin County School System schedule

