## EAST BEND SENIOR COMMUNITY CENTER NEWS



## 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

## **Important Announcements**

Remembering the men and women who died while serving our country

<u>Vita Tax Program</u> Thanks to our Volunteers Carolyn Hinshaw, Judy Painter, and Kathy Matthews for saving tax payers approximately \$9680.00 in fees to a paid tax preparer. They volunteered 27 hours and prepared 44 tax returns with the amount of \$28,620 in total returns, ALSO Special Thanks to the East Bend Library for hosting this and supplying computers and so clients could have their taxes prepared on Saturdays. Great Job Ladies!

**Fundraiser Fun - Straw Hats** This was great fun and our seniors they campaigned and brought in \$721.53 for our fundraiser. Winner was Pat Weston and 2nd place was Elsie Davis. Now we will have new porch swings and pretty flowers to enjoy on our front porch. Thanks to all the contributed.

<u>AARP Smart Driver Course!</u>. <u>May 7th 12PM-4PM</u> You will learn driving techniques, proven safety strategies, and new traffic laws and rules of the road. There are no test. It could save you on your auto insurance. Cost is \$15 per AARP member and \$20 for non members. Sign up today.

Yadkin Spring Bash May 29, 2:00-4:00PM Refreshments, Music, and Dancing, Health Screening & Medicare vendors. Free to seniors and Intellectual & Developmental Disabilities, Families and Caregivers at the Yad-kinville Moose Lodge.

<u>Shatley Springs Day Trip May 30th, \$25</u> includes transportation, breakfast, tax, tip, and ice cream. After breakfast we will stop by the cheese factory in Jefferson, then stop in Wilkesboro for an ice cream sundae at McDonalds.



"An elderly lady was telling her friend that she had recently joined an aerobics class for seniors at the local fitness center. 'How did that go?' asked the friend.

'Well, I bent, I twisted, I turned, I jumped up and down, and I perspired for half an hour, but by the time I'd finally got my leotard on, the class had ended."

May 2014

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Monday	Tuesday	Wednesday	Thursday	Friday
<u>New</u> on Friday's Open cards 10:30AM Uno, Rook, or Rummy. All Cards provided.	Free movie showing at the Library Comedy "Support Your Local Sheriff" FREE popcorn and lemonade provided	Lunch served Monday- Friday at 11:30 a.m. for ages 60 and older. Registration required. See Nutrition Site Manag- er to pre-registered.	1 10 Journal Now 11 BINGO 7:30 Line Dance Adv\$4	2 10 Journal Now. 10:30 Open Cards 11 Movin & Grovin 7 Rook
5 9 Line Dance \$4 10 Journal Now 11 Game Day w/ Pat 12 Crocheting 4 Clogging 5:30 Variety Dance	6 Closed due to Voting	<ul> <li>7</li> <li>9 Line Dance \$4 (beginners)</li> <li>10 Journal Now</li> <li>10 Pickleball @ Jonesville</li> <li>11 Dot's Music Melodies</li> <li>1 Sr Bowling Mt Airy Lanes \$1.50 per game</li> </ul>	8 10 Journal Now 11 Nutrition BINGO 7 Ruritan Club 7:30 Line Dance Adv\$4	9 10 Journal Now 10:30 Open Cards 11 Word Search 11 Moovin & Groovin 7 Rook
12 9 Line Dance \$4 10 Journal Now 11 Birthday Party 11 Mt Valley Hospice - w/ Amy Wilhelm 12 Crocheting 4 Clogging 5:30 Variety Dance	<ul> <li>13</li> <li>9 Young at Heart</li> <li>10 Journal Now</li> <li>11 YC Sheriffs Dept. w/ Deputy Diaz. Crime Prevention</li> <li>12:30 EBPL Movie</li> <li>12 Painting Club</li> <li>6 Move &amp; Lose \$4</li> <li>7 Sassy Seniors</li> </ul>	<ul> <li>14</li> <li>9 Line Dance \$4 (beginners)</li> <li>10 Journal Now</li> <li>10 Pickleball @ Jonesville</li> <li>11 Blood Pressure</li> <li>1 Sr Bowling Mt Airy</li> <li>Lanes \$1.50 per game</li> </ul>	15 10 Journal Now 11 BINGO 7:30 Line Dance Adv\$4	16 10 Journal Now 10:30 Open Cards 11 Moovin & Groovin 7 Rook
19 9 Line Dance \$4 10 Journal Now 11 George Hennings Band 12 Crocheting 4 Clogging 5:30 Variety Dance	20 9 Young at Heart 11 Smokey Mountain Behavior Health w/ Debbie Rochette 12 Painting Club 12:30 Movie Day @EBL 6 Move & Lose \$4 7 Sassy Seniors	21 9 Line Dance \$4 (beginners) 10 Journal Now 10 Pickleball @ Jonesville 11 Food Safety w/ Pat 1 Sr Bowling Mt Airy Lanes \$1.50 per game	22 10 Journal Now 11 Nutrition BINGO 6 Sock Hop \$5 7:30 Line Dance Adv \$4	23 10 Journal Now 10:30 Open Cards 11 Moovin& Groovin 7 Rook
26 C L O S E D	<ul> <li>27</li> <li>9 Young at Heart</li> <li>11 EB Library - Trivia</li> <li>W/ Susan</li> <li>12 Painting Club</li> <li>6 Move &amp; Lose \$4</li> <li>7 Sassy Seniors</li> </ul>	28 9 Line Dance \$(beginners) 10 Journal Now 10 Pickleball @ Jonesville 11 Likes and Dislikes 1 Sr Bowling Mt Airy Lanes \$1.50 per game	29 10 Journal Now 11 BINGO 7:30 Line Dance Adv\$4	30 7:30 Shatley Springs Breakfast day trip 10 Journal Now 10:30 Open Cards 11 Moovin& Groovin 7 Rook

## **Mission Statement**

"To Enhance the Quality of life for Senior Adults"





Consumer Contributions are accepted and will be used to expand services and may be kept confidential.

The EBSC's financial report is available for viewing upon request