



# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence APRIL 2017

## Important Announcements

April showers bring May flowers; What do May flowers bring??

### Pilgrims

#### NEW:

April 25th

ALEX'S GRILL will offer special pricing to the senior center participants this Spring and Summer.

Milkshake and hotdog (your way) for \$4 or 2 hotdogs and shake for \$5. They will offer this special once a month.

See Rhonda for details or to place your order for the April 25th lunch.

April 21st 11:30AM POT LUCK LUNCHEON

Bring your favorite Spring dish to share.

April 13th 10:30AM EASTER PARTY

Bring your basket for the egg hunt and snacks to share.

April 25th 6-8 PM

DANCE PARTY with Stan Bobbitt Band \$5 Admission

Jewelry from Premier Designs will also be on-site (presented by Tina Williams)

Drinks, snacks, and coffee provided.



April 21st 6-9PM PAINTING PARTY by Netta Rabon

The new social entertainment craze and you get to keep your art.

\$30 covers all supplies (11x14 canvas a 16x20 canvas will be \$10 more) See Rhonda to Register.

April 18th 12:30 PM

Movie @ the Library - Finding Nemo

### 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 (SHIIP)
- Report Suspected Abuse, Neglect or Exploitation



We will be closed Good Friday

# APRIL 2017

Mon	Tue	Wed	Thu	Fri
		<p><i>Lunch is served daily at 11:30 am for ages 60 &amp; older.</i></p> <p><i>You must be registered.</i></p> <p><i>Contact the Nutrition Site Manager for more information</i></p>	<p><b>SHAKE &amp; DOG day</b></p> <p>One day each month we will have hot dogs and milk shakes from Alex's. \$4 for one hotdog or 2 for \$5. Made your way and your choice of shake.</p>	<p><b>East Blenders Biscuit Day</b></p> <p>Every Friday</p> <p>We go get the biscuits and supply the coffee. You order and pay for your biscuit on Thursday. From Strafford BBQ in King</p>
<p>3</p> <p>10 Journal Now</p> <p>11 Corn hole</p> <p>12 Crocheting</p> <p>5:30 Variety Dance</p>	<p>4</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Judy and Roy</p> <p>12 Painting Club</p> <p>7 Sassy Seniors</p>	<p>5</p> <p>10 Journal Now</p> <p>10 Yadtel TV/Games</p> <p>11 Dots Music</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>6</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Nutrition Bingo</p> <p>6 Zumba</p> <p>7:30 Line Dance Adv \$4</p>	<p>7</p> <p>9 East Blender</p> <p>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>10</p> <p>10 Journal Now</p> <p>11 Mt Valley Hospice</p> <p>12 Crocheting</p> <p>5:30 Variety Dance</p>	<p>11</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Deputy Diaz</p> <p>12 Painting Club</p> <p>6 Quilters Quil</p> <p>7 Sassy Seniors</p>	<p>12</p> <p>10 Journal Now</p> <p>10 Yadtel TV/Games</p> <p>11 Blood Pressure checks</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>13</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 EASTER PARTY</p> <p>6 Zumba</p> <p>7:30 Line Dance Adv \$4</p>	<p>14</p> <p>CLOSED</p>
<p>17</p> <p>10 Journal Now</p> <p>11 Georges Band</p> <p>12 Crocheting</p> <p>5:30 Variety Dance</p>	<p>18</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Corn Hole</p> <p>12 Painting Club</p> <p>12:30 Movie Day @ EBPL</p> <p>7 Sassy Seniors</p>	<p>19</p> <p>10 Journal Now</p> <p>10 Yadtel TV/Games</p> <p>11 Sassy Seniors Dance</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>20</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Nutrition Bingo</p> <p>6 Zumba</p> <p>7:30 Line Dance Adv \$4</p>	<p>21</p> <p>9 East Blender</p> <p>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>
<p>24</p> <p>10 Journal Now</p> <p>11 Georges Band</p> <p>12 Crocheting</p> <p>5:30 Variety Dance</p>	<p>25</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Story Telling w/ Susan</p> <p>12 Painting Club</p> <p>7 Sassy Seniors</p>	<p>26</p> <p>10 Journal Now</p> <p>10 Yadtel TV/Games</p> <p>11 Likes and Dislikes</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>27</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Bingo</p> <p>6 Zumba</p> <p>7:30 Line Dance Adv \$4</p>	<p>28</p> <p>9 East Blender</p> <p>10 Journal Now</p> <p>11 Exercise with Natalie</p> <p>7 Rook</p>

**Mission Statement:** "To improve or maintain independent wellness for the older adult through advocacy and vigorous programming."