



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence August 2016

Important Announcements

NOTE: No movie will be shown in August (at the Library)

If you have "Medicaid", it may have some benefits that you may not be aware of that could benefit you. Please call the Senior Center for more information.

NEW

We now have an Assisted Listening Device (ALD). This amplification device can help you communicate more effectively as well as improve hearing at a distance. ALD's can be used with or without hearing aids. This device is available to use during programs when we may have a guest speaker presenting. Used during center programming only. See Rhonda for assistance.

Want to try Something New?



August 8th at 10:00AM

Learn to play a new dice game called Zilch. Its fun, keeps you constantly thinking and adding.

Tuesday, August 9 (after lunch)

We will be car pooling to Old Town for a movie matinee...

"Secret Life of Pets", an animated comedy. (rated PG)

\$5 movies, \$2 small popcorn and \$2 drinks.

See Rhonda to sign up.



Friday, Aug. 12 at 11 AM Stretching with Natalie

Our Financial Statement is available for viewing upon request.

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

Every Dime Counts!

We are filling a 2 liter jar that will total at least \$500 that will benefit the YVEDDI Meals On Wheels Program.

So start digging out those dimes and drop them in our jar!

AUGUST 2016

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>10 Journal Now</p> <p>11 Visitation</p> <p>12 Crocheting</p> <p>5:30 Variety Dance</p>	<p>2</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Judy & Ray</p> <p>12 Painting Club</p> <p>7 Sassy Seniors</p>	<p>3</p> <p>10 Journal Now</p> <p>10 Yadtel TV/Games</p> <p>11 Dot's Sing Along</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>4</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Nutritional Bingo</p> <p>12:30</p> <p>6 Zumba</p> <p>7:30 Line Dance Adv \$4</p>	<p>5</p> <p>9 East Blender</p> <p>10 Journal Now</p> <p>11 Brain Games</p> <p>7 Rook</p>
<p>8</p> <p>10 Journal Now</p> <p>10 ZILCH dice game</p> <p>11 Mt Valley Hospice</p> <p>12 Crocheting</p> <p>5:30 Variety Dance</p>	<p>9</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Deputy Diaz Crime Pre</p> <p>12 Painting Club</p> <p>6 Quilters Quild</p> <p>7 Sassy Seniors</p>	<p>10</p> <p>10 Journal Now</p> <p>10 Yadtel TV/Games</p> <p>11 Blood Pressure</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>11</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Bingo</p> <p>12:30</p> <p>6 Zumba</p> <p>7:30 Line Dance Adv \$4</p>	<p>12</p> <p>9 East Blender</p> <p>10 Journal Now</p> <p>11 Brain Games</p> <p>11 Stretch w/ Natalie</p> <p>7 Rook</p>
<p>15</p> <p>10 Journal Now</p> <p>11 Band</p> <p>12 Crocheting</p> <p>5:30 Variety Dance</p>	<p>16</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Fellowship</p> <p>12 Painting Club</p> <p>12:30 EBPL Movie day</p> <p>6 Stan Bobbitt Dance \$5</p> <p>7 Sassy Seniors</p>	<p>17</p> <p>10 Journal Now</p> <p>10 Yadtel TV/Games</p> <p>11 Visitation</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>18</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Nutritional Bingo</p> <p>12:30</p> <p>6 Zumba</p> <p>7:30 Line Dance Adv \$4</p>	<p>19</p> <p>9 East Blender</p> <p>10 Journal Now</p> <p>11 Brain Games</p> <p>11 Stretch w/ Natalie</p> <p>7 Rook</p>
<p>22</p> <p>10 Journal Now</p> <p>11 Birthday Party</p> <p>12 Crocheting</p> <p>5:30 Variety Dance</p>	<p>23</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Story Telling</p> <p>12 Painting Club w/ EBPL</p> <p>7 Sassy Seniors</p>	<p>24</p> <p>10 Journal Now</p> <p>10 Yadtel TV/Games</p> <p>11 Corn Hole</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>25</p> <p>10 Adult Coloring</p> <p>10 Journal Now</p> <p>11 Bingo</p> <p>12:30</p> <p>6 Zumba</p> <p>7:30 Line Dance Adv \$4</p>	<p>26</p> <p>9 East Blender</p> <p>10 Journal Now</p> <p>11 Wake Forest</p> <p>11 Stretch w/ Natalie</p> <p>7 Rook</p>
<p>29</p> <p>10 Journal Now</p> <p>11 Show & Tell</p> <p>12 Crocheting</p> <p>5:30 Variety Dance</p>	<p>30</p> <p>9:30 Couples Dance \$4</p> <p>10 Journal Now</p> <p>11 Likes & Dislikes</p> <p>12 Painting Club</p> <p>7 Sassy Seniors</p>	<p>31</p> <p>10 Journal Now</p> <p>10 Yadtel TV/Games</p> <p>11 Old & New Photos</p> <p>12:30 Quarter BINGO</p> <p>1 Sr. Bowling Mt Airy</p> <p>\$1.50 per game</p>	<p>Lunch is served daily at 11:30 for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.</p>	 

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