



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence February 2017

Important Announcements



31 Cakes for 31 Days Raffle (see Center for details)

Tickets on Sale Now!

\$2 each or \$15 for 20

(Proceeds will benefit the East Bend Senior Center and the Elderly Nutrition Program/Meals-on-Wheels)

Feb. 21st at 10 AM

Movie, Lunch and Black History Event

Movie at the East Bend Library

(Selma, PG13)

Lunch at the Senior Center (Fried Chicken, Pintos, Cole Slaw, Corn Bread, Fatback, Desserts and Tea/Coffee)

New Birth Worship Center will be on-site for songs and stories.

\$10 per person

Feb. 22nd at 11:00 AM Hearing Impaired Presentation

Feb. 27th at 11:00 Domestic Violence Presentation

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




Feb. 20th at 11:00 AM
Pizza Party
Cost only bring your dimes!





FEBRUARY 2017

Mon	Tue	Wed	Thu	Fri	
<p>INCLEMENT WEATHER POLICY The Senior Center follows the same inclement weather closings as the Yadkin County School System.</p>			<p>1 10 Journal Now 10 Yadtel TV/Games 11 Dot's Music Melody 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>2 10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>3 9 East Blender 10 Journal Now 11 Exercise w/ Natalie 7 Rook</p>
<p>6 10 Journal Now 11 Brain Games 12 Crocheting 5:30 Variety Dance</p>	<p>7 9:30 Couples Dance \$4 10 Journal Now 11 Judy and Roy 12 Painting Club 7 Sassy Seniors</p>	<p>8 10 Journal Now 10 Yadtel TV/Games 11 Blood Pressure 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>9 10 Adult Coloring 10 Journal Now 11 Bingo 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>10 9 East Blender 9:30 We Honor Veterans 10 Journal Now 11 Exercise w/ Natalie 7 Rook</p>	
<p>13 10 Journal Now 11 Mt. Valley Hospice 12 Crocheting 5:30 Variety Dance</p>	<p>14 9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz 12 Painting Club 6 Quilters Guild 7 Sassy Seniors</p>	<p>15 10 Journal Now 10 Yadtel TV/Games 11 Sassy Seniors 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>16 10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 5:00 Valentines Dance 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>17 9 East Blender 10 Journal Now 11 Exercise w/ Natalie 7 Rook</p>	
<p>20 10 Journal Now 11 George's Band with PIZZA Party 12 Crocheting 5:30 Variety Dance</p>	<p>21 9:30 Couples Dance \$4 10 Journal Now 10 Blk History Event 11 likes and Dislike 12 Painting Club 7 Sassy Seniors</p>	<p>22 10 Journal Now 10 Yadtel TV/Games 11 Show & Tell 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>23 10 Adult Coloring 10 Journal Now 11 Bingo 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>24 9 East Blender 10 Journal Now 11 Exercise w/ Natalie 7 Rook</p>	
<p>27 10 Journal Now 11 VAYA Health/Domestic Violence 12 Crocheting 5:30 Variety Dance</p>	<p>28 9:30 Couples Dance \$4 10 Journal Now 11 Story Telling/Jokes 12 Painting Club 7 Sassy Seniors</p>	 	<p><u>VITA TAX PREPARATION</u> <u>Boonville Library</u> <u>336-367-7737</u> <u>Yadkinville Library</u> <u>336-679-8792</u> <u>No East Bend this Year!!!</u></p>	<p><i>Lunch is served daily at 11:30 am for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information</i></p>	

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