

# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

February 2016

## Important Announcements



### Art Class

Feb. 9th at 12:30 PM

Jodi Pounds, with the  
Yadkin Arts Council will  
assist

Register by the 8th.

### CELEBRATE

Black History Month  
Susan with the East  
Bend Public Library  
will be doing a  
presentation on Black  
History on Feb. 23 at  
10:45 AM.

All are welcome.

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

## VITA Free Tax Preparation

Get your state and federal tax returns  
completed FREE by appointment only.

Appointment times will be on Mondays and Satur-  
days.

Please call the senior center at 699-5100 to  
schedule your appointment.



## Don't Forget

Feb. 4th IPAD/IPHONE Class 12:30-2:30 sponsored by Yadtel.  
Bring your smart phone to learn the ins and outs.

Feb. 16th Valentines Dance. \$10 per person Dinner provided.  
Stan Bobbitt Band performing. Tickets On Sale Now!

### INCLEMENT WEATHER POLICY

The Senior  
Center follows  
the same  
inclement  
weather closings  
as the Yadkin  
County School  
System.



# February 2016

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| <p>1<br/>10 Journal Now<br/>11 Brain Games<br/>12 Crocheting<br/>5:30 Variety Dance \$4</p>  | <p>2<br/>9:30 Couples Dance \$4<br/>10 Journal Now<br/><b>11 Judy and Roy</b><br/>12 Painting Club<br/>6 Quilters Quild<br/>7 Sassy Seniors</p>  | <p>3<br/>10 Journal Now<br/>10 Yadtel TV/Games<br/><b>11 Dots Music melody</b><br/>12:30 quarter Bingo<br/>1 Sr Bowling Mt Airy<br/>\$1.50 per game</p> | <p>4<br/>10 Adult Coloring<br/>10 Journal Now<br/>11 BINGO<br/>12:30 Matter of Balance<br/><b>12:30 iPad/iPhone</b><br/>6 ZUMBA<br/>7 Ruritans<br/>7:30 Line Dance Adv\$4</p> | <p>5<br/>9 East Blenders<br/>10 Journal Now<br/><b>11 show &amp; tell</b><br/>7 Rook</p>   |
| <p>8<br/>10 Journal Now<br/><b>11 Mt Valley Hospice w/ Amy Edu.</b><br/>12 Crocheting<br/><b>3:00 Girl Scouts Intergenerational</b><br/>5:30 Variety Dance \$4</p> | <p>9<br/>9:30 Couples Dance \$4<br/>10 Journal Now<br/><b>11 Deputy Diaz Edu.</b><br/>12 Painting Club<br/><b>12:30 Craft Day w/Arts Co.</b><br/>6 Quilters Quild<br/>7 Sassy Seniors</p>  | <p>10<br/>10 Journal Now<br/>10 Yadtel TV/Games<br/><b>11 BP Checks</b><br/>12:30 quarter Bingo<br/>1 Sr Bowling Mt Airy<br/>\$1.50 per game</p>        | <p>11<br/>10 Adult Coloring<br/>10 Journal Now<br/>11 Nutrition BINGO<br/>12:30 Matter of Balance<br/><b>1 Home Extension Club</b><br/>6 ZUMBA<br/>7:30 Line Dance Adv\$4</p> | <p>12<br/>9 East Blenders<br/><b>9:30 We honor Veterans</b> <br/><b>11 Valentines Party</b><br/>10 Journal Now<br/>7 Rook</p> |
| <p>15<br/>10 Journal Now<br/><b>11 Georges Band</b><br/>12 Crocheting<br/>5:30 Variety Dance \$4</p>   | <p>16<br/>9:30 Couples Dance \$4<br/>10 Journal Now<br/><b>11 Smokey Mtn. Edu.</b><br/>12 Painting Club<br/><b>12:30 Movie Day at EBPL "The Shunning"</b><br/><b>5 Stan Bobbitt Dance \$5</b><br/><b>Valentine Dance</b> <br/>7 Sassy Seniors</p> | <p>17<br/>10 Journal Now<br/>10 Yadtel TV/Games<br/><b>11 fellowship</b><br/>12:30 quarter Blngo<br/>1 Sr Bowling Mt Airy<br/>\$1.50 per game</p>       | <p>18<br/>10 Adult Coloring<br/>10 Journal Now<br/>11 BINGO<br/>12:30 Matter of Balance<br/>7:30 Line Dance Adv\$4</p>  | <p>19<br/>9 East Blenders<br/>10 Journal Now<br/><b>11 Dm. Violence Edu.</b><br/>7 Rook</p>  |
| <p>22<br/>10 Journal Now<br/><b>11 Birthday Party</b><br/>12 Crocheting<br/>5:30 Variety Dance \$4</p>   | <p>23<br/>9:30 Couples Dance \$4<br/>10 Journal Now<br/><b>11 EBPL w/ Susan "Black History"</b><br/>12 Painting Club<br/><b>5:30 Widow/widowers supper support group</b><br/>7 Sassy Seniors</p>   | <p>24<br/>10 Journal Now<br/>10 Yadtel TV/Games<br/><b>11 Sassy Seniors</b><br/>12:30 quarter Blngo<br/>1 Sr Bowling Mt Airy<br/>\$1.50 per game</p>    | <p>25<br/>10 Adult Coloring<br/>10 Journal Now<br/>11 Nutrition Bingo<br/>7:30 Line Dance Adv\$4</p>  | <p>26<br/>9 East Blenders<br/>10 Journal Now<br/><b>11 likes &amp; dislikes</b><br/>7 Rook</p>   |
| <p>29<br/>10 Journal Now<br/><b>11 old &amp; new photos</b><br/>12 Crocheting<br/>5:30 Variety Dance</p>   |  |   |    |   |

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