

EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

June 2016

Important Announcements



June Art Class - Bean Mosaic
2nd Tuesday 12:30 - 2:30 p.m.

Spaces are limited.

Please call your Senior Center to register.

Sponsored by the Yadkin Arts Council

June 7th (Senior Center will be closed for voting)

Day trip to Shatley Springs for breakfast, Cheese Factory and Store and stop in Wilkesboro for a little shopping and ice cream. \$20 for non-registered meal clients and \$13 for registered clients.

June 9th

SENIOR GAMES CLOSING CEREMOIES

Art work will be on display beginning at 1:00 p.m. Silver Follies show to begin @ 3:00 p.m. Closing ceremonies at 6:00 p.m. 3

June 24th

DAY TRIP - GOLDEN POND PLAY (Mt. Airy)

Join us for a day trip adventure. Leave Yadkinville Senior Center at 8:30 a.m. Shopping at Mayberry Mall, lunch (on your own) at Libby Hill Seafood and play to begin at 2:00 p.m. at the Jones Family Resource Center.
Cost: \$10.00 Includes sausage biscuit & bottled water, transportation and play.
RSVP by June 17th.

Pressure Canner Testing and Question and Answers on Preserving -

June 29th 10:00 AM with Marilyn Wells, NC Cooperative Extension. Bring your canner in for free testing!

Happy
Father's
Day



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

Summer holidays are coming and so are BBQ's, weinee roast and family reunions. Here is a simple recipe for the best Baked Beans:
2 cans pork and beans
1 lb. cooked hamburger
1 T ground mustard
½ cup brown sugar
1 cup ketchup
Mix all ingredients together and place in 9 inch square casserole dish
Bake at 350* for 30 minutes

JUNE 2016



Mon	Tue	Wed	Thu	Fri
		<p>1 10 Journal Now 10 Yadtel TV/Games 11 Dot's sing along 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 Brain Games 7 Rook</p>
<p>6 10 Journal Now 11 Corn Hole 12 Crocheting 5:30 Variety Dance</p>	<p>7 CLOSED for VOTING</p>  <p>Day trip to Shatley Springs</p>	<p>8 10 Journal Now 10 Yadtel TV/Games 11 BP checks 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 Brain Games 7 Rook</p>
<p>13 10 Journal Now 11 Corn Hole 12 Crocheting 5:30 Variety Dance</p>	<p>14 9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz 12 Painting Club 12:30 Craft Class 6 Quilters Quild 7 Sassy Seniors</p>	<p>15 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>16 10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>17 9 East Blender 10 Journal Now 11 Brain Games 7 Rook</p>
<p>20 10 Journal Now 11 George Hennings Band 12 Crocheting 5:30 Variety Dance</p>	<p>21 9:30 Couples Dance \$4 10 Journal Now 11 indoor beach Volleyball 12 Painting Club 12:30 Movie Day @ EBPL 6 Quilters Quild 7 Stan Bobbitt Dance</p>	<p>22 10 Journal Now 10 Yadtel TV/Games 11 Sassy Seniors Dancing 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 WFBMH, Edu. Comprehensive Cancer 7 Rook</p>
<p>27 10 Journal Now 11 Mt Valley Hospice Edu. 12 Crocheting 5:30 Variety Dance</p>	<p>28 9:30 Couples Dance \$4 10 Journal Now 11 Storytelling w/ Susan 12 Painting Club 6 Quilters Quild 7 Sassy Seniors</p>	<p>29 10 Journal Now 10 Yadtel TV/Games 11 Likes and Dislikes 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>30 10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 6 Zumba 7:30 Line Dance Adv \$4</p>	<p><i>Lunch is served daily at 11:30 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."