



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence MAY 2017

Important Announcements



Remembering the men and women who died while serving our country.

May is Older America Month

“Age Out Loud”

Strive for Wellness, Know Your Rights, Stay Engaged, or explore new things. You can get all this at the East Bend Senior Center. Come check out what we have to offer. Tell us how you Age Out Loud by filling out one of our sheets and you will be entered in to win a free banana split from Alex’s Grill. We will share on social media and let others know what helped you AGE OUT LOUD!



June 8th Silver Arts/Senior Games Closing Ceremonies at the Yadkin Arts Council in Yadkinville.

Art Display 1:00pm-3:00pm; Follies Show 3:00pm.



New Art Painting Club the 4th Friday of each month \$30 per person.

Instructed by Neta Rabon.

11x14 canvas or you can up size to 16x20 for \$10

Next Paint Party Is May 25th

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



CLOSED: MAY 29 Memorial Day!

MAY 2017

Mon	Tue	Wed	Thu	Fri
1 10 Journal Now 11 Visitation 12 Crocheting 5:30 Variety Dance	2 9:30 Couples Dance \$4 10 Journal Now 11 Judy and Roy 12 Painting Club 7 Sassy Seniors	3 10 Journal Now 10 Yadtel TV/Games 11 Dot's Music 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	4 10 Adult Coloring 10 Journal Now 11 Bingo 6 Zumba 7:30 Line Dance Adv \$4	5 9 East Blender 10 Journal Now 11 Exercise with Natalie 7 Rook
8 10 Journal Now 11 Mt Valley hospice 12 Crocheting 5:30 Variety Dance	9 9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz 12 Painting Club 7 Sassy Seniors	10 10 Journal Now 10 Yadtel TV/Games 11 Blood pressure check 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	11 10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 6 Zumba 7:30 Line Dance Adv \$4	12 9 East Blender 9:30 We Honor Veterans 10 Journal Now 11 Exercise with Natalie 11:30 Mother Day Trivia 7 Rook
15 10 Journal Now 11 George's Band 12 Crocheting 5:30 Variety Dance	16 9:30 Couples Dance \$4 10 Journal Now 11 Show and Tell 12 Painting Club 6 Quilters Quild 7 Sassy Seniors	17 10 Journal Now 10 Yadtel TV/Games 11 Sassy Senior Dance 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	18 10 Adult Coloring 10 Journal Now 11 Bingo 6 Zumba 7:30 Line Dance Adv \$4	19 9 East Blender 10 Journal Now 10:30 Irish Day 11 Exercise with Natalie 7 Rook
22 10 Journal Now 11 Vaya Health 12 Crocheting 5:30 Variety Dance	23 9:30 Couples Dance \$4 10 Journal Now 11 Story Telling w/Susan 12 Painting Club 7 Sassy Seniors	24 10 Journal Now 10 Yadtel TV/Games 11 Corn Hole 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	25 10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 6 Zumba 6 Paint Party \$30 7:30 Line Dance Adv \$4	26 9 East Blender 10 Journal Now 11 Exercise with Natalie 6 Let's Just Paint 7 Rook
29 CLOSED	30 9:30 Couples Dance \$4 10 Journal Now 12 Painting Club 7 Sassy Seniors	31 10 Journal Now 10 Yadtel TV/Games 11 Brain Games 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	 	<i>Lunch is served daily at 11:30 am for ages 60 & older.</i> <i>You must be registered.</i> <i>Contact the Nutrition Site Manager for more information</i>

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

Rhonda Beavers, Manager • 336-699-5100