

# EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Senior Center of Excellence

March 2016

## Important Announcements

**March 8th** at 12:30 PM

**Puzzle Flower Garden Art Class** with Sandi Thomas, Yadkin Arts Council. Register by the 7th.



**March 19th** at 5:00 PM

**Chicken Pie Dinner FUNDRAISER for the senior center and meals on wheels**

\$10 per person Includes: Chicken pie, corn, green beans, slaw and dessert

Eat-In or Carry Out

Entertainment and Live Auction

Tickets on Sale Now!!!

*We are accepting any donation of item for our auction. We will also accept baked goods to auction.*

### VITA Free Tax Preparation

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

Appointment times will be on Mondays and Saturdays.

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

**Senior Games Registration** is available now. Get your forms from the senior center \$10 plus extra cost for bowling/golf or you may register online at [torch.ncseniorgames.org](http://torch.ncseniorgames.org) you must have your own email address and it cost \$10.75. You have until March 31st to register. See Rhonda for more information.

ATTENTION: We will be closed the third Tuesday March 15, for Voting.

There will be **NO DANCE!** Stan will be back in April. So Sorry.

**NEW: YMCA PASS FRIDAY'S** 9:00 am - 12:00 pm Pick up your lanyard badge and visit the YMCA on Friday's from 9:00 - 12:00 to walk or do Tai Chi. Must fill out a liability waiver & have pass to visit.

### 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

Hey have you all heard  
the rumor about butter?

Never mind I shouldn't  
spread it.

HaHa

Happy   
St. Patrick's Day

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 9:30 Couples Dance \$4 10 Journal Now <b>11 Judy and Roy</b> 12 Painting Club 6 Quilters Quild 7 Sassy Seniors Happy Feet treadmills</p>	<p>2 10 Journal Now 10 Yadtel TV/Games <b>11 Dots Music melody</b> 12:30 quarter Bingo 1 Sr Bowling Mt Airy \$1.50 per game Happy Feet treadmills</p>	<p>3 10 Adult Coloring 10 Journal Now 11 BINGO 12:30 Matter of Balance 6 ZUMBA 7 Ruritans 7:30 Line Dance Adv\$4 Happy Feet treadmills</p>	<p>4 9 East Blenders 10 Journal Now 11 Brain Teasers 7 Rook Happy Feet treadmills</p>
<p>7 10 Journal Now <b>11 Mt Valley Hospice w/ Amy Edu.</b> 12 Crocheting <b>3:00 Girl Scouts Intergenerational</b> 5:30 Variety Dance \$4 Happy Feet treadmills</p>	<p>8 9:30 Couples Dance \$4 10 Journal Now <b>11 Deputy Diaz Edu.</b> 12 Painting Club <b>12:30 Craft Day w/Arts Co.</b> 6 Quilters Quild 7 Sassy Seniors Happy Feet treadmills</p>	<p>9 10 Journal Now 10 Yadtel TV/Games <b>11 BP Checks</b> 12:30 quarter Bingo 1 Sr Bowling Mt Airy \$1.50 per game Happy Feet treadmills</p>	<p>10 10 Adult Coloring 10 Journal Now 11 Nutrition BINGO 12:30 Matter of Balance <b>1 Home Extension Club</b> 6 ZUMBA 7:30 Line Dance Adv\$4 Happy Feet treadmills</p>	<p>11 9 East Blenders <b>9:30 We honor Veterans</b> 11 Brain Teasers 10 Journal Now 7 Rook Happy Feet treadmills</p>
<p>14 10 Journal Now <b>11 Georges Band</b> 12 Crocheting 5:30 Variety Dance \$4 Happy Feet treadmills</p>	<p>15 VOTING SENIOR CENTER CLOSED</p> 	<p>16 10 Journal Now 10 Yadtel TV/Games <b>11 fellowship</b> 12:30 quarter Blngo 1 Sr Bowling Mt Airy \$1.50 per game Happy Feet treadmills</p>	<p>17 10 Adult Coloring 10 Journal Now 11 BINGO 12:30 Matter of Balance 7:30 Line Dance Adv\$4 Happy Feet treadmills</p>  <p>Happy St. Patrick's Day!</p>	<p>18 9 East Blenders 10 Journal Now <b>11 Dm. Violence Edu.</b> 7 Rook Happy Feet treadmills</p>
<p>21 10 Journal Now <b>11 Birthday Party</b> 12 Crocheting 5:30 Variety Dance \$4 Happy Feet treadmills</p>	<p>22 9:30 Couples Dance \$4 10 Journal Now <b>11 Story telling with Susan</b> 12 Painting Club <b>5:30 Widow/widowers supper support group</b> 7 Sassy Seniors Happy Feet treadmills</p>	<p>23 10 Journal Now 10 Yadtel TV/Games <b>11 Sassy Seniors</b> 12:30 quarter Blngo 1 Sr Bowling Mt Airy \$1.50 per game Happy Feet treadmills</p>	<p>24 10 Adult Coloring 10 Journal Now 11 Easter Egg Hunt Party 7:30 Line Dance Adv\$4 Happy Feet treadmills</p> 	<p>25 CLOSED</p> <p><i>Wishing you</i></p>  <p><i>a Blessed Good Friday</i></p>
<p>28 10 Journal Now <b>11 old &amp; new photos</b> 12 Crocheting 5:30 Variety Dance Happy Feet treadmills</p>	<p>29 9:30 Couples Dance \$4 10 Journal Now <b>11 Likes and dislikes</b> 12 Painting Club 6 Quilters Quild 7 Sassy Seniors Happy Feet treadmills</p>	<p>30 10 Journal Now 10 Yadtel TV/Games <b>11 Show and Tell</b> 12:30 quarter Blngo 1 Sr Bowling Mt Airy \$1.50 per game Happy Feet treadmills</p>	<p>31 10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 7:30 Line Dance Adv\$4 Happy Feet treadmills</p>	

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