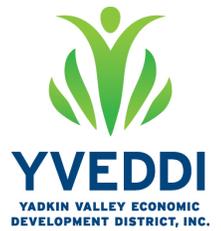




EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence March 2017

Important Announcements



SENIOR GAMES

Registration: March 1st - March 31st

Registration cost - \$10 per person

Forms are available at YOUR local Senior Center!

Games start May 5th, Silver Follies will be June 8th!

March 17th 11:00 am

Irish Day

Sample Irish tea, wear green, and win a prize for the best Irish speaking Jammy. Lets learn some Irish Slang.



Day Trip

March 21st, leave at 8:30 AM

1st stop Bojangles in Old Town, then to downtown Winston-Salem to the Mast General Store and other shops on Trade Street; The Burger Batch for the famous milk shakes, The Candy Store, Hamricks, and AC Moore.

Free transportation

Shopping and food on your own

4 PM estimated return



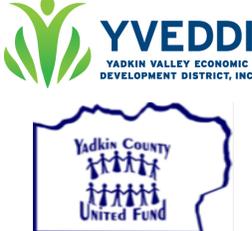
Information and Referral

- 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



'O'Halloran,' asked the pharmacist, 'did that mud-pack I gave you improve your wife's appearance?'
 'It did surely,' replied O'Halloran, 'but it keeps fallin' off.'

MARCH 2017

Mon	Tue	Wed	Thu	Fri
<p><i>Lunch is served daily at 11:30 am for ages 60 & older.</i></p> <p><i>You must be registered. Contact the Nutrition Site Manager for more information</i></p>		<p>1</p> <p>10 Journal Now 10 Yadtel TV/Games 11 Dot's Music 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>2</p> <p>10 Adult Coloring 10 Journal Now 11 Bingo 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>3</p> <p>9 East Blender 10 Journal Now 11 Exercise with Natalie 7 Rook</p>
<p>6</p> <p>10 Journal Now 11 Visitation 12 Crocheting 5:30 Variety Dance</p>	<p>7</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Judy and Roy 12 Painting Club 7 Sassy Seniors</p>	<p>8</p> <p>10 Journal Now 10 Yadtel TV/Games 11 Blood pressure check 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>9</p> <p>10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>10</p> <p>9 East Blender 9:30 We Honor Veterans 10 Journal Now 11 Exercise with Natalie 7 Rook</p>
<p>13</p> <p>10 Journal Now 11 Mt Valley Hospice 12 Crocheting 5:30 Variety Dance</p>	<p>14</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Deputy Diaz 12 Painting Club 6 Quilters Quild 7 Sassy Seniors</p>	<p>15</p> <p>10 Journal Now 10 Yadtel TV/Games 11 Sassy Senior Dance 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game</p>	<p>16</p> <p>10 Adult Coloring 10 Journal Now 11 Bingo 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>17</p> <p>9 East Blender 10 Journal Now 10:30 Irish Day 11 Exercise with Natalie 7 Rook</p>
<p>20</p> <p>10 Journal Now 11 Georges Band 12 Crocheting 5:30 Variety Dance</p>	<p>21 DAY TRIP</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Corn Hole 12 Painting Club 12:30 Movie Day @ EBPL 7 Sassy Seniors</p>	<p>22</p> <p>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</p> <p>10 Adult Coloring 10 Journal Now 11 Nutrition Bingo 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>24</p> <p>9 East Blender 10 Journal Now 11 Exercise with Natalie 7 Rook</p>
<p>27</p> <p>10 Journal Now 11 Vaya Health Edu. 12 Crocheting 5:30 Variety Dance</p>	<p>28</p> <p>9:30 Couples Dance \$4 10 Journal Now 11 Story Telling w/ Susan 12 Painting Club 7 Sassy Seniors</p>	<p>29</p> <p>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</p> <p>10 Adult Coloring 10 Journal Now 11 Bingo 6 Zumba 7:30 Line Dance Adv \$4</p>	<p>31</p> <p>9 East Blender 10 Journal Now 11 Exercise with Natalie 7 Rook</p>

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