

What: Spelling Bee

Cost: FREE

Where: Anniston Senior Center

Who: Men and Women age 60+ in our 10-county region

When: Monday, March 6, 2017
 Starts at 10:00 a.m.
 Ends when we have a winner

Deadline: Register with Emily by March 2:
 (256) 237-6741

Details: Study sheets will be provided to all that register. The 1st round is a written test of 20 words. Those with the fewest misspelled words advance to the 2nd round.



What: MayDay Older Americans Festival
Where: Talladega Motorsports Hall of Fame (indoor and air conditioned)

Who: Men and Women age 60+ from our 10-county region

When: Thursday, May 18, 2017

Doors open at 8 a.m.
 Entertainment begins at 10 a.m.

The fun ends after the FREE lunch.

Cost: FREE to attend, but donations for lunch are welcomed.

Tickets: Limited free tickets are first come, first serve. Ticket Reservations will be accepted starting at 9:00 a.m. on April 19, 2017 by calling our Ticket Voicemail at 1-800-239-6741, ext. 145.

Details: You can dress up with the Racing theme if you want. At MayDay, several vendors will be giving out free info and goodies while you enjoy dancing or listening to great music. Special games, activities, and performances are also planned for your entertainment.



What: Senior Art Contest

Cost: FREE

Who: Men and Women age 60+ from our 10-county region.

When: Due to us by April 21.

All entries will be used as decoration at MayDay and returned to the Artist at a later date. Prizes will be given at MayDay. If you do not attend, arrangements will be made to get your prize to you after May 20, 2017.

Prizes: Winners will receive a certificate and a small gift (if companies donate them this year).

Details: There will be 2 divisions:

- Groups (1 entry per group)
- Individual (1 entry per individual)

Contact: Call Emily for contest rules:
 (256) 237-6741



What: Older American's Month Shirts

Who: Anyone Can Purchase Them

Money Due: March 31, 2017

Cost: Size S – XL.....\$5
 Size 2XL – 4XL.....\$7

Make Check To:

EAC MayDay Senior Celebration

Mail To: EAC

Attn: Emily McCamy
 P.O. Box 2186
 Anniston, AL 36202

What: Competition for Alabama Residents age 50+

When: This Summer

Contact: Emily at (256) 237-6741

Details: There are Male and Female divisions in 9 age groups for most events.

Events Include:

- | | | |
|-----------------------|--------------------|--------------------|
| 3-on-3 Basketball | Dominoes | Pickleball Doubles |
| 5K Run/Walk | Frisbee Throw | Shuffleboard |
| Basketball Free Throw | Golf | Softball Throw |
| Billiards | Horseshoes | Swimming |
| Bowling | Line Dancing Teams | Table Tennis |
| Checkers | Nerfball Throw | |



Our Agency (the East Alabama Commission) offers Benefits Counseling to **older adults**, **people with disabilities**, and their **caregivers** on locating various services and support in their areas. Below is a list of some of the programs.

- Assistance Transitioning from a Long-Term Care Facility to a Home or Community Based Setting
- Caregiver Assistance
- FREE Tax Aid
- Food Assistance
- Legal Aid
- Long-Term Care services in Home and Community Based Settings
- Prescription Assistance
- Recreation Programs
- Senior Activity Centers
- Senior Employment
- Senior Medicare Patrol
- State Health Insurance Counseling (SHIP)
- Transportation
- Volunteer Opportunities

For more information, you can reach us the following ways:

- ✓ **Call** us at 1-800-AGE-LINE (800-243-5463).
- ✓ **Visit** our website at www.EastAlabamaAging.org.
- ✓ **Like** us on Facebook at East Alabama Aging.
- ✓ **Join** our email list for Monthly Newsletters by signing up on our website.



Senior Activity Centers:

Calhoun

- Anniston (256) 241-2678
- Hobson City (256) 831-7067
- Jacksonville (256) 435-9199
- Oxford (256) 831-5900
- Piedmont (256) 447-3365

Chambers

- LaFayette (334) 864-0938
- Lanett (334) 644-6408
- Valley (334) 756-5265
- Waverly (334) 887-6453

Cherokee

- Centre (256) 927-8432

Clay

- Ashland (256) 354-3229
- Lineville (256) 396-0559

Cleburne

- Fruithurst (256) 579-2105
- Heflin (256) 463-5434
- Ranburne (256) 568-5726

Coosa

- Goodwater (256) 839-5653
- Rockford (256) 377-4888
- West Coosa (256) 249-2024

Etowah

- Attalla (256) 570-0202
- Elliott (256) 549-4735
- Gadsden (256) 549-4767
- Glencoe (256) 492-4911
- Hokes Bluff (256) 492-2511
- Lookout Mtn. (256) 543-7813
- Sardis City (256) 593-6432
- Walnut Grove (205) 589-6001

Randolph

- Roanoke (334) 863-4217
- Wedowee (256) 357-2432
- Woodland (256) 449-2639

Talladega

- Childersburg (256) 378-7037
- Munford (256) 358-6437
- Oak Grove (256) 249-3638
- Sylacauga (256) 267-3565
- Talladega (256) 362-5769
- (256) 761-0273
- Talladega Springs (256) 249-0802

Tallapoosa

- Alexander City (256) 234-4074
- Camp Hill (256) 896-2943
- Dadeville (256) 825-7455
- Wall Street (334) 283-8187

