



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

December 2024

What's Happening...

Every Monday at 10:30 AM: QUARTER BINGO

Monday evenings: Dancing with Judy and the Dream Dancers

4 PM: Beginners Dance Mix \$5 / **5 PM:** Line Dance \$5 / **6 PM:** Cloggers \$5

2nd Tuesday of the month at 3 PM: East Bend Happy Quilters

No Sew Day This Month.

2nd Tuesday of the month at 10:30 AM: Partners Health Management

Tuesdays at 10 AM: Beginner's Rook

Wednesdays at 10 AM: Chair Volleyball

Thursdays at 10:00 AM: Exercise

Thursdays at 10:30 AM: \$1 Prize Bingo

Thursdays at 10 AM-12 PM: Crochet Club: All Skill Levels are Welcome

Every Friday at 1 PM: Bowling at Mt Airy Lanes-

Senior price is \$2.00 per game plus fee for shoe rental
(This fee is only valid for Friday Senior Bowling at 1 PM.)



Special Events:

Dec. 11th at 10:30 AM: Christmas Craft Class

Registration required by Dec 6th. This class is free however, contributions are accepted and appreciated. Call EBSC at 336.699.5100 to register.

Dec. 18th at 1 PM: Christmas Party Bring a snack to share as we celebrate Christmas. Bring a \$5 gift if you wish to participate in the Dirty Santa game.

Call or stop by East Bend Senior Center to Register

Information for Services, Referrals & Assistance

Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- Legal Services
- General and Medical Transportation
- Home Repair/Modification
- Medicare Parts A, B and D
- Congregate Meals/Home Delivered Meals
- Disaster Preparedness
- Report Suspected Abuse, Neglect or Exploitation
- Senior Games
- Telephone Reassurance
- Job Training/Placement
- Durable Equipment/Assistive Devices

Services Offered Through Information, Referral and Assistance:

- Housing Assistance
- Reverse Mortgage Counseling
- Home Health Services/In-home Aide Services
- Medicaid Benefits
- Social Security Benefits
- Long-term Care Facilities
- Rehabilitation Services
- Respite
- Energy Assistance
- Food Distribution
- Adult Day Care
- Mental Health
- Hospice Care



East Bend Senior Center will be Closed December 23rd-January 1st.

We will be back to schedule on January 2nd.



(336) 699-5100 • www.yveddi.com

Mon	Tue	Wed	Thu	Fri
2 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	3 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Dream Dancers 11:30 Congregate Lunch	4 10:00 Chair Volleyball 10:30 Corn Hole 11:30 Congregate Lunch	5 10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	6 10:00 Beginner's Spades/ Rook 10:30 Reminisce 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
9 10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	10 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Partners Health Management 11:30 Congregate Lunch 3:00 East Bend Happy Quilters	11 10:00 Chair Volleyball 10:30 Christmas Craft 11:30 Congregate Lunch	12 10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	13 10:00 Beginner's Spades/ Rook 10:30 Blood Pressure Checks 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
16 10:00 Cardio Drumming 10:25 Talk with Terry 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	17 9:30 Walking to Music 10:00 Beginner's Rook 10:30 EMS Health Talk 11:30 Congregate Lunch 3:00 East Bend Happy Quilters	18 10:00 Chair Volleyball 10:30 Talk with Heather Poindexter 11:30 Congregate Lunch 1:00 Christmas Party	19 10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	20 10:00 Beginner's Spades/ Rook 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
<div>   </div>				
30 CLOSED	31 CLOSED		All of our virtual programs can be found on East Bend Senior Center Facebook Page	Lunch is served daily at 11:30 a.m. for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more Information.

Mission Statement: To improve and maintain independent wellness for the senior community through advocacy, nutrition, volunteerism and vigorous programming to promote healthy minds, bodies and spirits.