



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

April 2025

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

January 25th 9:00 AM: East Bend Happy Quilters Guild Sew Day

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 6:30 PM: ROOK **NEW TIME!!**

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:

April 9th at 10:30 AM: Craft Class

Valerie Mathews, owner of Backyard Carolina will be providing EBSC craft kits monthly. This month we will be doing a craft with plants!

Registration required by April 4th. Call EBSC at 336.699.5100 to register.

April 15th at 1 PM: Easter Party

Bring a snack to share as we celebrate all things spring and Easter.

April 24th at 4 PM: Memories and Friends- Supper for widows and widowers at East Bend Senior Center Sponsored by Gentry Family Funeral Services. POT LUCK. Bring a side dish or dessert. Main entrée and drinks are provided. Please Register by March 21st.

NEW:

April 10th at 1 PM: Exercise with Emily- Emily, owner of Health & Harmony will be teaching a chair exercise class free to seniors.

April 30th at 10:30 AM: Microgreen Gardening with Kelle Payne from NC Cooperative

Extensions Office

Upcoming Events:

Monday May 5th 2025: Mobile Mammogram — Novant Health Breast Centers mobile mammogram unit will be on site at East Bend Senior Center. **Please Schedule your appointment by Thursday April 21st.**

There are grants available for those who do not have insurance. Call Heather to schedule your appointment.

Senior Games:

May 1st at 9:30 AM- opening Ceremonies at Surry Community College

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



Mon	Tue	Wed	Thu	Fri
	1 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Corn Hole 11:30 Congregate Lunch 9:30 AM Senior Games Opening Ceremonies	2 10:00 Chair Volleyball 10:30 Coloring Contest 11:30 Congregate Lunch	3 10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	4 10:00 Beginner's Spades/ Rook 10:30 Blood Pleasure Checks 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK
7 9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	8 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	9 10:00 Chair Volleyball 10:30 Bunny Wreath & Wind chime craft 11:30 Congregate Lunch	10 10:00 Crocheting Club 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 1:00 Exercise with Emily- Health & Harmony	11 10:00 Beginner's Spades/ Rook 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK
14 9:30 Cardio Drumming 10:25 Talk with Terry Ross 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	15 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Dream Dancers 11:30 Congregate Lunch 1:00 Easter Party	16 10:00 Chair Volleyball 10:30 Talk with Heather Poindexter— Self Care Come win a prize! 11:30 Congregate Lunch	17 10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	18 CLOSED 
21 9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	22 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Story Time with Susan 11:30 Congregate Lunch	23 10:00 Chair Volleyball 10:30 Deputy O'Leary 11:30 Congregate Lunch	24 10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 4:00 Memories and Friends Support Supper	25 10:00 Beginner's Spades/ Rook 10:30 Brain Teasers 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
28 9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	29 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Talk with Brandon – SECU 11:30 Congregate Lunch	30 10:00 Chair Volleyball 10:30 Gardening with Kelle Payne— Microgreen Workshop! 11:30 Congregate Lunch	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.