



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

May 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

May 24th at 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

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:

May 14th at 10:30 AM: Craft Class

Valerie Mathews, owner of Backyard Carolina will be providing EBSC craft kits monthly. This month we will be making a craft with plants. Registration required by May 9th. Call EBSC at 336.699.5100 to register.

May 19th 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 May 14th.

NEW:

May 15th & 29th at 1 PM: Exercise with Emily- Emily, owner of Health & Harmony will be teaching a chair exercise class (free to seniors)

May 29th at 10 AM: Monthly Birthday Celebration - Come celebrate May birthdays with us!

Upcoming Events:

Monday May 5th 2025: Mobile Mammogram — Novant Health Breast Centers mobile mammogram unit will be on site at East Bend Senior Center.

Monday May 5th (weather permitting)- **The FARM** will be at East Bend Senior Center selling Strawberries (time to be determined)



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

Senior Games:
May 1st at 9:30 AM
Opening Ceremonies
at Surry Community College



Mon	Tue	Wed	Thu	Fri
<p>All of our virtual programs can be found on East Bend Senior Center Facebook Page.</p>	<p>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.</p>		<p>1 10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p> <p>Senior Games Opening Ceremony</p>	<p>2 10:00 Beginner's Spades/ Rook 10:30 Blood Pleasure Checks 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK</p>
<p>5 9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$ Novant Mobile Mammogram The FARM</p>	<p>6 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Corn Hole 11:30 Congregate Lunch</p>	<p>7 10:00 Chair Volleyball 10:30 Mothers Day Celebration 11:30 Congregate Lunch</p>	<p>8 10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>9 10:00 Beginner's Spades/ Rook 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK</p>
<p>12 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 \$</p>	<p>13 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Dream Dancers 11:30 Congregate Lunch 3:00 East Bend Happy Quilters</p>	<p>14 10:00 Chair Volleyball 10:30 Plant Craft 11:30 Congregate Lunch</p>	<p>15 10:00 Crocheting Club 10:00 National Chocolate Chip Day 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 1:00 Exercise with Emily-Health & Harmony</p>	<p>16 10:00 Beginner's Spades/ Rook 10:30 Flexercise 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p>19 9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$ 4:00 Memories and Friends Support Supper</p>	<p>20 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Partners Health Management 11:30 Congregate Lunch</p>	<p>21 10:00 Chair Volleyball 10:30 Talk with Heather Poindexter-Self Care Come win a prize! 11:30 Congregate Lunch</p>	<p>22 10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>23 10:00 Beginner's Spades/ Rook 10:30 Coloring Contest 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p>26 CLOSED for Memorial Day! <i>Remembering the men and women who died while serving our country.</i></p>	<p>27 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Story Time with Susan 11:30 Congregate Lunch</p>	<p>28 10:00 Chair Volleyball 10:30 Deputy O'Leary 11:30 Congregate Lunch</p>	<p>29 10:00 Crocheting Club 10:00 Monthly Birthday Celebration 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 1:00 Exercise with Emily-Health & Harmony</p>	<p>30 10:00 Beginner's Spades/ Rook 10:30 Trivia 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>

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.