



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

July 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

Mondays at 10 AM: Chair Volleyball

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

July 20th 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

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:

July 2nd at 10:30: 4th of July Sing-a-long Come join us as we sing and celebrate the Independence Day!

July 7th at 11:30 AM-2 PM (or until sold out):

The FARM will be at East Bend Senior Center selling blackberries and peaches. (weather permitting)

July 25th at 10:30 AM: Reminisce

Bring a friend and a snack to share as we talk and play trivia games about the good 'ole days.

July 29th at 10:30 AM: Craft Class

Registration required by July 25th.

July 24th 4 PM: Memories and Friends

Support group 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 July 18th.

July 28th at 10 AM: Monthly Birthday Celebration

Come celebrate July birthdays with us!

New:

July 3rd, 17th, & 31st at 12:45: Chair exercise with Emily from Health & Harmony

July 23rd, July 30th, Aug. 6th, Aug. 13th- Cooking Matters Class

Emily Martin from Second Harvest Food Bank will be teaching us healthy cooking habits.

Seats are limited; Registration is required.

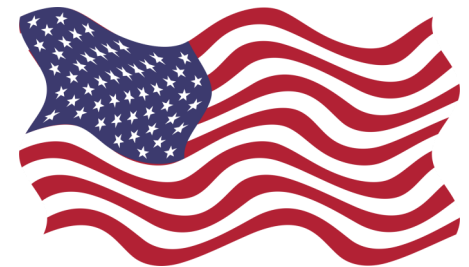
Information for Services, Referrals & Assistance

Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- 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
- Legal Services
- 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



Happy 4th of July!



Mon	Tue	Wed	Thu	Fri
<p>Lunch is served daily at 11:30 a.m. for ages 60 & older.</p> <p>You must be registered. Contact the Nutrition Site Manager for more Information.</p>	<p>1 9:30 Walking to Music 10:00 Chair Exercise 10:30 Corn Hole 11:30 Congregate Lunch</p>	<p>2 10:00 Crocheting Club 10:30 4th of July Sing-a-long 11:30 Congregate Lunch</p>	<p>3 10:00 Cardio Drumming 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Chair Exercise with Emily– Health & Harmony</p>	<p>4 CLOSED</p> <p>Happy 4th of July!</p> 
<p>7 9:30 Chair Volleyball 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$ 11:30 THE FARM</p>	<p>8 9:30 Walking to Music 10:00 Chair Exercise 10:30 Dream Dancers 11:30 Congregate Lunch 3:00 East Bend Happy Quilters</p>	<p>9 10:00 Crocheting Club 10:30 Puzzle Frenzy 11:30 Congregate Lunch</p>	<p>10 10:00 Cardio Drumming 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>11 10:00 Beginner's Spades/ Rook 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK</p>
<p>14 9:30 Chair Volleyball 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>15 9:30 Walking to Music 10:00 Chair Exercise 10:30 Partners Health Management 11:30 Congregate Lunch</p>	<p>16 10:00 Crocheting Club 10:30 Talk with Heather Poindexter– Self Care Come win a prize! 11:30 Congregate Lunch</p>	<p>17 10:00 Cardio Drumming 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Chair Exercise with Emily– Health & Harmony</p>	<p>18 10:00 Beginner's Spades/ Rook 10:30 Blood Pressure Checks 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK</p>
<p>21 9:30 Chair Volleyball 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>22 9:30 Walking to Music 10:00 Chair Exercise 10:30 Story Time with Susan 11:30 Congregate Lunch</p>	<p>23 10:00 Crocheting Club 10:30 Deputy O'Leary 11:30 Congregate Lunch 1:00 Cooking Matters</p>	<p>24 10:00 Cardio Drumming 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 4:00 Memories and Friends Support Supper</p>	<p>25 10:00 Beginner's Spades/ Rook 10:30 Reminisce 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK</p>
<p>28 9:30 Chair Volleyball 10:00 Monthly Birthday Celebration 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>29 9:30 Walking to Music 10:00 Chair Exercise 10:30 Craft 11:30 Congregate Lunch</p>	<p>30 10:00 Crocheting Club 11:30 Congregate Lunch 1:00 Cooking Matters</p>	<p>31 10:00 Cardio Drumming 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Chair Exercise with Emily– Health & Harmony</p>	<p>All of our virtual programs can be found on East Bend Senior Center Facebook Page.</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.