



# EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

August 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 10:30 AM:** Partners Health Management

**Tuesdays at 10 AM:** Beginner's Rook

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

**2nd Thursday of the month at 3 PM:** East Bend Happy Quilters **NEW DAY**

**Aug. 23rd at 9:00 AM:** East Bend Happy Quilters Guild Sew Day

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

**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:

**August 4th at 11:30 AM-2 PM: Pop-up Farmers Market-** Vendors will be at EBSC selling fresh produce!

**August 22nd 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.

**August 25th at 10 AM: Monthly Birthday Celebration**

Come celebrate August birthdays with us!

**August 26th at 10:30 AM: Craft Class**

Free craft class sponsored by Backyard Carolina Registration required by Aug. 22nd.

Craft TBD; Call for more information.

**August 28th at 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.

### New:

**August 4th at 11:30 AM- 2PM (or until sold out): Pop-up Farmers Market**

**August 19th at 10 AM:** Sing-A-Long with BJ

**August 14th:** Chair exercise with Emily from Health & Harmony

## 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



Mon	Tue	Wed	Thu	Fri
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.		All of our virtual programs can be found on East Bend Senior Center Facebook Page.		1 10:00 Beginner's Spades/ Rook 10:30 Corn Hole 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK
4 9:30 Chair Volleyball 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$ Pop-up Farmers Market	5 9:30 Walking to Music 10:00 Flexercise 11:30 Congregate Lunch	6 10:00 Crocheting Club 10:30 Puzzle Frenzy 11:30 Congregate Lunch	7 10:00 Cardio Drumming 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	8 10:00 Beginner's Spades/ Rook 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK
11 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 \$	12 9:30 Walking to Music 10:00 Flexercise 10:30 Partners Health Management 11:30 Congregate Lunch	13 10:00 Crocheting Club 10:30 Talk with Brandon-SECU 11:30 Congregate Lunch	14 10:00 Cardio Drumming 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Chair Exercise with Emily- Health & Harmony 3:00 East Bend Happy Quilters	15 10:00 Beginner's Spades/ Rook 10:30 Blood Pressure Checks 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK
18 9:30 Chair Volleyball 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	19 9:30 Walking to Music 10:00 Sing-A-Long with BJ 11:30 Congregate Lunch	20 9:00 Veterans Coffee 10:00 Crocheting Club 10:30 Talk with Heather Poindexter-Self Care Come win a prize! 11:30 Congregate Lunch	21 10:00 Cardio Drumming 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	22 10:00 Beginner's Spades/ Rook 10:30 Reminisce 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK
25 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 \$	26 9:30 Walking to Music 10:00 Flexercise 10:30 Craft 11:30 Congregate Lunch	27 10:00 Crocheting Club 10:30 Deputy O'Leary 11:30 Congregate Lunch	28 10:00 Cardio Drumming 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 4:00 Memories and Friends Support Supper	29 10:00 Beginner's Spades/ Rook 10:30 Bucket Ball 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK

**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.