



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

September 2025

What's Happening...

National Senior Center Month!

September 1: Labor Day (Closed)

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

Sat. September 20th 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:

September 4th and 18th at 12:45 PM: Chair exercise with Emily from Health & Harmony

September 22nd at 10 AM: Monthly Birthday Celebration

Come celebrate August birthdays with us!

September 16th at 10:30 AM: Craft Class

Free craft class sponsored by Backyard Carolina Registration required by September XX

Craft TBD; Call for more information.

September 25th at 4 PM: Memories and Friends

Support group for widows and widowers at East Bend Senior Center.

POT LUCK. Bring a side dish or dessert. Main entrée and drinks are provided.

Please Register by September 19th

Sponsored by Gentry Family Funeral Services.

September 26th 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.

New:

September 10th at 10:30 AM: Container Gardening with Kellee Payne

Join us as we learn and plant container gardens with fall vegetables. FREE Class. Registration Required

September 23rd at 10 AM: Interactive Dementia Training with Kelley Holbrook

Breakfast provided Sponsored by Mountain Valley Hospice. Registration Required by Sept. 19th.

Upcoming:

Oct. 28th at 5 PM: Witches Stew Costume Halloween Party at Yadkin County Senior Center

You must purchase your \$8.00 ticket by OCT. 24th

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
<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>9:30 Walking to Music 10:00 Flexercise 11:30 Congregate Lunch</p>	<p>3</p> <p>10:00 Crocheting Club 10:30 Puzzle Frenzy or Singing 11:30 Congregate Lunch</p>	<p>4</p> <p>10:00 Chair Volleyball 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Chair Exercise with Emily– Health & Harmony</p>	<p>5</p> <p>10:00 Beginner's Spades/ Rook 10:30 Corn Hole 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK</p>
<p>8</p> <p>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>9</p> <p>9:30 Walking to Music 10:00 Flexercise 10:30 Partners Health Management 11:30 Congregate Lunch</p>	<p>10</p> <p>10:00 Crocheting Club 10:30 Container Gardening with Kellee Payne 11:30 Congregate Lunch</p>	<p>11</p> <p>10:00 Chair Volleyball 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 3:00 East Bend Happy Quilters</p>	<p>12</p> <p>10:00 Beginner's Spades/ Rook 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK</p>
<p>15</p> <p>9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>16</p> <p>9:30 Walking to Music 10:00 Story time with Susan 10:30 Craft 11:30 Congregate Lunch</p>	<p>17</p> <p>9:00 Veterans Coffee 10:00 Crocheting Club 10:30 Talk with Heather Poindexter– Self Care Come win a prize! 11:30 Congregate Lunch</p>	<p>18</p> <p>10:00 Chair Volleyball 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Chair Exercise with Emily– Health & Harmony</p>	<p>19</p> <p>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>22</p> <p>First Day of Fall 9:30 Cardio Drumming 10:00 Monthly Birthday Celebration 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$</p> 	<p>23</p> <p>9:30 Walking to Music 10:00: Interactive Dementia Training 11:30 Congregate Lunch</p>	<p>24</p> <p>10:00 Crocheting Club 10:30 Deputy O'Leary 11:30 Congregate Lunch</p>	<p>25</p> <p>10:00 Chair Volleyball 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 4:00 Memories and Friends Support Group</p>	<p>26</p> <p>10:00 Beginner's Spades/ Rook 10:30 Reminisce 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK</p>
<p>29</p> <p>9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>30</p> <p>9:30 Walking to Music 10:00 Flexercise 11:30 Congregate Lunch</p>	<p>September 7th: Grandparents Day <i>While we honor our grandparents daily, take an extra moment to appreciate all the joy and wisdom that grandparents bring to our lives</i></p>	<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>

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.