



# EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

November 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

**Sat. October 25th 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-12 PM:** Crochet Club: All Skill Levels are Welcome

**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:

**November 20th at 12:45 PM: Senior Fitness** - Chair exercise with Emily from Health & Harmony

**November 24th at 10 AM: Monthly Birthday Celebration**

Come celebrate August birthdays with us!

**November 5th at 10:30 AM: Craft Class**

Free craft class sponsored by Backyard Carolina Registration required by October 10th Craft TBD; Call for more information.

### New:

**November 12th at 10 AM: Presentation with Kelley Holbrook**

Breakfast provided Sponsored by Mountain Valley Hospice. Registration required b)By November 7th



## 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.			
3 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 CLOSED 	5 10:00 Crocheting Club 10:30 Thanksgiving Pillow Craft 11:30 Congregate Lunch	6 10:00 Flexercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	7 10:00 Beginner's Spades/ Rook 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK
10 9:30 Cardio Drumming 10:25 Health Talk with Terry Ross 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	11 CLOSED 	12 10:00 Crocheting Club 10:00 Interactive Dementia Training with Kelley 11:30 Congregate Lunch	13 10:00 Flexercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	14 10:00 Beginner's Spades/ Rook 10:30 Blood Pressure Checks 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK
17 9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	18 9:30 Walking to Music 10:00 Flexercise 11:30 Congregate Lunch	19 9:00 Veterans Coffee 10:00 Crocheting Club 10:30 Talk with Heather Poindexter- Self Care 11:30 Congregate Lunch	20 10:00 Flexercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Senior Fitness: Chair Exercise with Emily- Health & Harmony	21 10:00 Beginner's Spades/ Rook 10:30 Reminisce 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK
24 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 \$ 6:00 Clogging \$	25 9:30 Walking to Music 10:00 Flexercise 11:30 Congregate Lunch	26 10:30 Deputy O'Leary 11:30 Congregate Lunch	27 CLOSED 	28 CLOSED 

**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.