



# EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

December 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:

**December 15th at 10 AM: Monthly Birthday Celebration**

Come celebrate December birthdays with us!

**December 3rd at 10:30 AM: Craft Class**

Free craft class sponsored by Backyard Carolina Registration required by November 26th. Craft TBD; Call for more information.

**December 23rd at 10:30 AM: Christmas Party**

Bring a snack to share as we celebrate Christmas. Bring a \$5 gift if you wish to participate in the Dirty Santa game.

### New:

**December 16th at 10 AM: Presentation with Kelley Holbrook**

Breakfast provided Sponsored by Mountain Valley Hospice. Registration required by December 12th.

### 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





# DECEMBER 2025



Mon	Tue	Wed	Thu	Fri
<b>1</b> 9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	<b>2</b> 9:30 Walking to Music 10:00 <b>Flexercise</b> 11:30 Congregate Lunch	<b>3</b> 10:00 Crocheting Club 10:30 <b>Craft Day</b> 11:30 Congregate Lunch	<b>4</b> 10:00 Flexercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	<b>5</b> 10:00 Beginner's Spades/ Rook 10:30 <b>Reminisc</b> 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM <b>ROOK</b>
<b>8</b> 9:30 Cardio Drumming 10:25 <b>Health Talk with            Terry Ross</b> 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$	<b>9</b> 9:30 Walking to Music 10:00 <b>Flexercise</b> 10:30 <b>Partners Health</b> 11:30 Congregate Lunch 3:00 East Bend Happy Quilters	<b>10</b> 10:00 Crocheting Club 10:30 <b>Puzzle Frenzy</b> 11:30 Congregate Lunch	<b>11</b> 10:00 Flexercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	<b>12</b> 10:00 Beginner's Spades/ Rook 10:30 <b>Share Day</b> 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM <b>ROOK</b>
<b>15</b> 9:30 Cardio Drumming 10:00 <b>Birthday Celebration</b> 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	<b>16</b> 9:30 Walking to Music 10:00 <b>Interactive            Dementia            Training with Kelley</b> 11:30 Congregate Lunch	<b>17</b> 9:00 <b>Veterans Coffee            Connections</b> 10:00 Crocheting Club 10:30 <b>Self Care Talk with            Heather Poindexter</b> 11:30 Congregate Lunch	<b>18</b> 10:00 Flexercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	<b>19</b> 10:00 Beginner's Spades/ Rook 10:30 <b>Blood Pressure            Checks</b> 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM <b>ROOK</b>
<b>22</b> 9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	<b>23</b> 9:30 Walking to Music 10:00 <b>Flexercise</b> 10:30 <b>Christmas Party</b> 11:30 Congregate Lunch	<b>24</b> CLOSED 	<b>25</b> CLOSED	<b>26</b> CLOSED 
<b>29</b> CLOSED	<b>30</b> CLOSED	<b>31</b> CLOSED	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.	

**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.