



# EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

January 2026

## 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. Jan. 24th 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:

**January 26th at 10 AM: Monthly Birthday Celebration**

Come celebrate December birthdays with us!

**January 27th at 10:30 AM: Craft Class**

Free craft class sponsored by Valerie Mathews Registration required by January 23rd.

Craft TBD; Call for more information.

**January 20th at 10 AM: Presentation with Kelley and Christy**

Breakfast provided

*Sponsored by Mountain Valley Hospice. Registration required by January 16th.*

### New:

**January 6th at 10:30 AM: New Years Celebration**

Bring a snack to share as we celebrate a new year!

### 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:




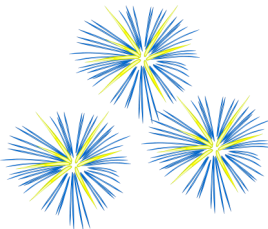

- Housing Assistance
- Legal Services
- Reverse Mortgage Counseling
- Home Health Services/In-home Aide Services
- Medicaid Benefits
- Social Security Benefits
- Long-term Care Facilities
- Rehabilitation Services
- Respite
- Energy Assistance
- Food Distribution
- Adult Day Care
- Mental Health
- Hospice Care





# JANUARY 2026



Mon	Tue	Wed	Thu	Fri
	<p>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older.</p> <p>You must be registered. Contact the Nutrition Site Manager for more Information.</p>		<p>1</p> <p><b>CLOSED</b> Happy New Year!</p> 	<p>2</p> <p><b>CLOSED</b></p> 
<p>5</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>6</p> <p>9:30 Walking to Music 10:00 Flexercise 10:30 <b>New Years Celebration</b> 11:30 Congregate Lunch</p>	<p>7</p> <p>10:00 Crocheting Club 10:30 <b>Puzzle Frenzy</b> 11:30 Congregate Lunch</p>	<p>8</p> <p>10:00 Flexercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Senior Exercise with Emily</p>	<p>9</p> <p>10:00 Beginner's Spades/ Rook 10:30 <b>Corn Hole</b> 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK</p>
<p>12</p> <p>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 \$ 6:00 Clogging \$</p>	<p>13</p> <p>9:30 Walking to Music 10:30 <b>Partners Health</b> 11:30 Congregate Lunch 3:00 East Bend Happy Quilters</p>	<p>14</p> <p>10:00 Crocheting Club 10:30 <b>Talk with Brandon-SECU</b> 11:30 Congregate Lunch</p>	<p>15</p> <p>10:00 Flexercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>16</p> <p>10:00 Beginner's Spades/ Rook 10:30 <b>Blood Pressure Checks</b> 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK</p>
<p>19</p> <p><b>CLOSED</b></p> 	<p>20</p> <p>9:30 Walking to Music 10:00 Flexercise 10:00 <b>Interactive Dementia Training with Kelley &amp; Christy</b> 11:30 Congregate Lunch</p>	<p>21</p> <p>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</p>	<p>22</p> <p>10:00 Flexercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Senior Exercise with Emily</p>	<p>23</p> <p>10:00 Beginner's Spades/ Rook 10:30 <b>Reminisce</b> 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK</p>
<p>26</p> <p>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 \$</p>	<p>27</p> <p>9:30 Walking to Music 10:00 Flexercise 10:30 <b>Craft Day</b> 11:30 Congregate Lunch</p>	<p>28</p> <p>10:00 Crocheting Club 10:30 <b>Deputy O'Leary</b> 11:30 Congregate Lunch</p>	<p>29</p> <p>10:00 Flexercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 4:30 <b>Widow/Widower Supper</b></p>	<p>30</p> <p>10:00 Beginner's Spades/ Rook 10:30 <b>Share Day</b> 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK</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.