



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

April 2026

What's Happening...

Every Monday at 10 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. March 21st 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 AM: \$1 Prize Bingo

Every Friday 3:00 – 5:00 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:

April 1st: Easter Celebration Come celebrate Easter with us! Please bring a snack to share as we enjoy a time of fellowship and celebration together.

April 9th and 23rd at 12:45: Senior Fitness with Emily O'Connor - Health and Harmony

Join us for a fun and energizing chair-based exercise program designed to keep you moving, active, and feeling your best. This class focuses on gentle movement, balance, and overall wellness in a supportive and enjoyable environment.

April 27th at 9:30 AM: Monthly Birthday Celebration

Come celebrate March birthdays with us!

April 21st at 10 AM: Presentation with Kelley and Christy

Breakfast provided, sponsored by Mountain Valley Hospice.

Registration requested by April 17th.

April 28th at 4:30 PM: Memories and Friends Support Supper at East Bend Senior Center (Widow/Widower Supper Sponsored by Gentry Family Funeral Services)

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

Please Register by April 24th.

New:

Every Tuesday at 12:00 PM -Sing along with Pat and Cam.

Come enjoy a time of music, fellowship, and favorite hymns.

Upcoming:

Mobile Mammogram May 7, 2026 - Novant Health Breast Centers mobile mammogram unit will be on site at East Bend Senior Center. **Please schedule your appointment by**

Thursday, April 22nd. There are grants available for those who do not have insurance. Call Heather to schedule your appointment.

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



April 2026

Mon	Tues	Wed	Thur	Fri
 	<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>	<p>1 10:00 Crocheting Club 10:30 Easter Celebration 11:30 Congregate Lunch</p>	<p>2 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>3 CLOSED</p>
<p>6 9:30 Cardio Drumming 10:00 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>7 9:30 Walking to Music 10:30 Partners Health 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam 3:00 East Bend Happy Quilters</p>	<p>8 10:00 Crocheting Club 10:30 Talk with Brandon– SECU 11:30 Congregate Lunch</p>	<p>9 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Senior Exercise with Emily</p>	<p>10 10:00 Trivia 10:30 Corn Hole 11:30 Congregate Lunch 1:00 Senior Bowling 3:00 ROOK</p>
<p>13 9:30 Cardio Drumming 9:45 Health Talk with Terry Ross 10:00 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>14 9:30 Walking to Music 10:00 Craft 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam</p>	<p>15 9:00 Veterans Coffee Connections 10:00 Crocheting Club 11:30 Congregate Lunch</p>	<p>16 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>17 10:00 Trivia 10:30 B/P Checks 11:30 Congregate Lunch 1:00 Senior Bowling 3:00 ROOK</p>
<p>20 9:30 Cardio Drumming 10:00 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>21 9:30 Walking to Music 10:00 Interactive Dementia Training with Kelley & Christy 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam</p>	<p>22 10:00 Crocheting Club 10:30 Deputy O’Leary-Crime Prevention 11:30 Congregate Lunch</p>	<p>23 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Senior Exercise with Emily</p>	<p>24 10:00 Beginner’s Spades/ Rook 10:30 Reminisce 11:30 Congregate Lunch 1:00 Senior Bowling 3:00 ROOK</p>
<p>27 9:30 Cardio Drumming 9:30 Monthly Birthday Party 10:00 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>28 9:30 Walking to Music 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam 4:30 Memories and Friends Support Supper</p>	<p>29 10:00 Crocheting Club 10:30 National Oatmeal Cookie Day 11:30 Congregate Lunch</p>	<p>30 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch</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.