



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

June 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. June 20th 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 4:00 – 6:00 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:

June 12th 10 AM- Flag Day Celebration- Light refreshments will be served. If you are a Veteran that will be attending, please let us know so that we can honor you!

June 18th and 25th at 12:45 PM- Senior Fitness with Emily O'Connor- 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.

June 29th at 9:30 AM: Monthly Birthday Celebration

Come celebrate March birthdays with us!

June 30th at 10 AM: Presentation with Kelley and Christy

Breakfast provided, sponsored by Mountain Valley Hospice.

Registration requested by May 26th.

June 30th 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 May 22nd.

New:

Tai Chi Classes: Join us every Tuesday at 10:00 AM for Tai Chi. We'll follow along with a guided video displayed on the smart board. All skill levels are welcome!

June 8th- Painting with Kevin, Paint, Palette, & Pizzazz 1 PM

Come paint with us as Kevin Casteel, owner of Paint, Palette, & Pizzazz, teaches us how to make masterpieces. A minimum donation of \$5 to \$10 is required to help cover the cost of all paint supplies and canvas. Will be painting sunshine

Upcoming:

June 1st 11:30-2PM (or until sold out)- The FARM will be at East Bend Senior Center selling produce. (weather permitting)

June 14th: Flag Day

June 19th: Juneteenth

June 21st: Father's Day

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



HAPPY
Father's
Day

JUNE 2026

Mon	Tues	Wed	Thur	Fri
1 9:30 Cardio Drumming 10:00 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$ The Farm 11:30- 2PM (or until sold out)	2 9:30 Walking to Music 10:00 Tia Chi 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam	3 10:00 Crocheting Club 10:30 Share Day 11:30 Congregate Lunch 10:00 AM Visual/Heritage/ literary Arts at Yadkin Arts Council	4 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch 10:30 AM Silver Follies at Yadkin Arts Council	5 9:00 B/P Checks 10:00 Trivia 10:30 Puzzle Frenzy 11:30 Congregate Lunch 1:00 Senior Bowling 4:00 ROOK
8 9:30 Cardio Drumming 9:45 Health Talk with Terry Ross 10:00 Quarter Bingo 11:30 Congregate Lunch 1:00 Painting with Kevin 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	9 9:30 Walking to Music 10:00 Tia Chi 10:30 Partners Health 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam 3:00 East Bend Happy Quilters	10 10:00 Crocheting Club 10:30 Corn Hole 11:30 Congregate Lunch	11 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch	12 9:00 B/P Checks 10:00 Trivia 10:00 Flag Day Celebration 11:30 Congregate Lunch 1:00 Senior Bowling 4:00 ROOK
15 9:30 Cardio Drumming 10:00 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	16 9:30 Walking to Music 10:00 Tia Chi 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam	17 9:00 Veterans Coffee Connections 10:00 Crocheting Club 11:30 Congregate Lunch	18 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Senor Fitness with Emily O'Connor	19 9:00 B/P Checks 10:00 Trivia 10:30 Father's Day Celebration 11:30 Congregate Lunch 1:00 Senior Bowling 4:00 ROOK
22 9:30 Cardio Drumming 10:00 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	23 9:30 Walking to Music 10:00 Tia Chi 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam	24 10:00 Crocheting Club 10:30 Deputy O'Leary-Crime Prevention 11:30 Congregate Lunch	25 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Senor Fitness with Emily O'Connor	26 9:00 B/P Checks 10:00 Trivia 10:00 Craft Day 11:30 Congregate Lunch 1:00 Senior Bowling 4:00 ROOK
29 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 \$	30 9:30 Walking to Music 10:00 Tia Chi 10:30 Dementia Training with Kelley & Christy 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam 4:30 Memories and Friends Support Supper	 	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.