



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

January 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

2nd Tuesday of the month at 3 PM: East Bend Happy Quilters

January 25th 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: Chair Volleyball

Thursdays at 10:00 AM: Exercise

Thursdays at 10:30 AM: \$1 Prize Bingo

Thursdays at 10 AM-12 PM: Crochet Club: All Skill Levels are Welcome

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:

Jan. 2nd at 10:30 AM: New Year Celebration & \$1 Prize Bingo. Bring a snack to share and play bingo as we celebrate the new year!

Jan. 8th Blood Drive 10 AM-2 PM

NEW:

Jan. 10th at 10:30 AM: Craft Class

Valerie Mathews, owner of Backyard Carolina will be providing EBSC craft kits monthly. This month we will be doing a snowman craft.

Registration required by Jan. 6th Call EBSC at 336.699.5100 to register.

VITA Tax

VITA Tax Counseling at Booneville Community Public Library- 336.367.7737 and Yadkin County Public Library- 336.679.8292 or 336.679.3596

Call for appointments starting at the end of January !!!!!

Happy New Year!



Information for Services, Referrals & Assistance


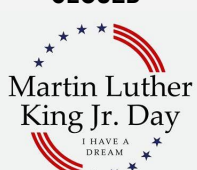
Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- Legal Services
- 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
- 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
<p>All of our virtual programs can be found on East Bend Senior Center Facebook Page</p>	<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</p> <p>CLOSED</p> 	<p>2</p> <p>10:00 Crocheting Club 10:00 Chair Exercise 10:30 New Year Celebration & \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>3</p> <p>10:00 Beginner's Spades/ Rook 10:30 Blood Pressure Checks 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p>6</p> <p>10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>7</p> <p>9:30 Walking to Music 10:00 Beginner's Rook 10:30 Dream Dancers 11:30 Congregate Lunch</p>	<p>8</p> <p>10:00 Chair Volleyball 10:30 Talk with Brandon From SECU 11:30 Congregate Lunch</p> <p>BLOOD DRIVE</p>	<p>9</p> <p>10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>10</p> <p>10:00 Beginner's Spades/ Rook 10:30 Snowman Craft 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p>13</p> <p>10:00 Cardio Drumming 10:25 Talk with Terry 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>14</p> <p>9:30 Walking to Music 10:00 Beginner's Rook 10:30 Partners Health Management 11:30 Congregate Lunch 3:00 East Bend Happy Quilters</p>	<p>15</p> <p>10:00 Chair Volleyball 10:30 Talk with Heather Poindexter 11:30 Congregate Lunch</p>	<p>16</p> <p>10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>17</p> <p>10:00 Beginner's Spades/ Rook 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p>20</p> <p>CLOSED</p> 	<p>21</p> <p>9:30 Walking to Music 10:00 Beginner's Rook 10:30 EMS Health Talk 11:30 Congregate Lunch</p>	<p>22</p> <p>10:00 Chair Volleyball 10:30 Deputy O'Leary 11:30 Congregate Lunch</p>	<p>23</p> <p>10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>24</p> <p>10:00 Beginner's Spades/ Rook 10:30 Reminisce 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK</p>
<p>27</p> <p>10:00 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>28</p> <p>9:30 Walking to Music 10:00 Beginner's Rook 10:30 Story Time with Susan 11:30 Congregate Lunch</p>	<p>29</p> <p>10:00 Chair Volleyball 10:30 Corn Hole 11:30 Congregate Lunch</p>	<p>30</p> <p>10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 4:00 Widow/Widower Supper</p>	<p>31</p> <p>10:00 Beginner's Spades/ Rook 10:30 Brain Teasers 11:30 Congregate Lunch 1:00 Senior Bowling 7 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.