



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

March 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 6:30 PM: ROOK **NEW TIME!!**

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:

March 27th at 4 PM: Memories and Friends- Supper for widows and widowers at East Bend Senior Center Sponsored by Gentry Family Funeral Services. POT LUCK. Bring a side dish or dessert. Main entrée and drinks are provided. Please Register by March 21st.

March 17th at 1PM- St. Patrick's Day Party

Bring a snack to share as we celebrate St. Patrick's Day!

NEW:

March 5th 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 Birdfeeders and Birdhouses.

Registration required by Feb. 28th. 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!!!

Senior Games:

Yadkin Valley Senior Games and Silver Arts- Registration is March 1st- 31st for those who are 50 years and better!

March 6th from 11 am- 2pm Senior Games Bingo Kickoff -Call EBSC for more information!

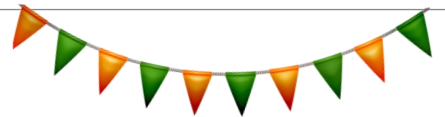
Information for Services, Referrals & Assistance

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
3 9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	4 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Corn Hole 11:30 Congregate Lunch	5 10:00 Chair Volleyball 10:30 Birdfeeder & Birdhouses Craft 11:30 Congregate Lunch	6 10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 11 am–2pm Senior Games Bingo Kickoff	7 10:00 Beginner's Spades/ Rook 10:30 Healthy Hearts-Blood Pleasure Checks 11:30 Congregate Lunch 1:00 Senior Bowling
10 9:30 Cardio Drumming 10:25 Talk with Terry Ross 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	11 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	12 10:00 Chair Volleyball 10:30 Talk with Brandon 11:30 Congregate Lunch	13 10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	14 10:00 Beginner's Spades/ Rook 10:30 Share Day 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM ROOK
17 9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 1:00 St. Patrick's Day Party 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$	18 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Dream Dancers 11:30 Congregate Lunch	19 10:00 Chair Volleyball 10:30 Talk with Heather Poindexter–Self Care Come win a prize! 11:30 Congregate Lunch	20 10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	21 10:00 Beginner's Spades/ Rook 10:30 Reminisce 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
24 9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	25 9:30 Walking to Music 10:00 Beginner's Rook 10:30 Story Time with Susan 11:30 Congregate Lunch	26 10:00 Chair Volleyball 10:30 Deputy O'Leary 11:30 Congregate Lunch	27 10:00 Crocheting Club 10:00 Chair Exercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 4:00 Widow/Widower Supper	28 10:00 Beginner's Spades/ Rook 10:30 Brain Teasers 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM ROOK
31 9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$			All of our virtual programs can be found on East Bend Senior Center Facebook Page.	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.