



# EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

June 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

**June 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:** 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**

**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 2nd at 11:30 AM-2 PM (or until sold out):**

**The FARM** will be at East Bend Senior Center selling produce. (weather permitting)

**June 4th at 10:30 AM: Reminisce**

Bring a friend and a snack to share as we talk and play trivia games about the good 'ole days.

**June 11th at 10:30 AM: Craft Class**

Registration required by June 6th.

**June 13th 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 26th 4 PM: Memories and Friends**

Support group 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 June 20th.

**June 30th at 10 AM: Monthly Birthday Celebration**

Come celebrate June birthdays with us!

### 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



Mon	Tue	Wed	Thu	Fri
<b>2</b> 9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$ <b>THE FARM will be at EBSC</b> 11:30 AM - 2PM (or until Sold Out)	<b>3</b> 9:30 Walking to Music 10:00 Beginner's Rook 10:30 <b>Corn Hole</b> 11:30 Congregate Lunch	<b>4</b> 10:00 Chair Volleyball 10:30 <b>Reminisce</b> 11:30 Congregate Lunch	<b>5</b> 10:00 Crocheting Club 10:00 <b>Chair Exercise</b> 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	<b>6</b> 10:00 Beginner's Spades/ Rook 10:30 <b>Blood Pleasure</b> <b>Checks</b> 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM <b>ROOK</b>
<b>9</b> 9:30 Cardio Drumming 10:25 <b>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 \$	<b>10</b> 9:30 Walking to Music 10:00 Beginner's Rook 10:30 <b>Dream Dancers</b> 11:30 Congregate Lunch 3:00 East Bend Happy Quilters	<b>11</b> 10:00 Chair Volleyball 10:30 <b>Craft</b> 11:30 Congregate Lunch	<b>12</b> 10:00 Crocheting Club 10:00 <b>Chair Exercise</b> 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	<b>13</b> <b>10:00 Flag Day</b> <b>Celebration</b> 11:30 Congregate Lunch 1:00 Senior Bowling 6:30 PM <b>ROOK</b>
<b>16</b> 9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	<b>17</b> 9:30 Walking to Music 10:00 Beginner's Rook 10:30 <b>Partners Health</b> <b>Management</b> 11:30 Congregate Lunch	<b>18</b> 10:00 Chair Volleyball 10:30 <b>Talk with Heather</b> <b>Poindexter–</b> <b>Self Care</b> <b>Come win a prize!</b> 11:30 Congregate Lunch	<b>19</b> 10:00 Crocheting Club 10:00 <b>Chair Exercise</b> 10:30 \$1 Prize Bingo 11:30 Congregate Lunch	<b>20</b> 10:00 Beginner's Spades/ Rook 10:30 <b>Flexercise</b> 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM <b>ROOK</b>
<b>23</b> 9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	<b>24</b> 9:30 Walking to Music 10:00 Beginner's Rook 10:30 <b>Story Time with</b> <b>Susan</b> 11:30 Congregate Lunch	<b>25</b> 10:00 Chair Volleyball 10:30 <b>Deputy O'Leary</b> 11:30 Congregate Lunch	<b>26</b> 10:00 Crocheting Club 10:00 <b>Chair Exercise</b> 10:00 <b>Relay NC- Deaf and</b> <b>Hard of Hearing</b> 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 4:00 <b>Memories and</b> <b>Friends Support</b> <b>Supper</b>	<b>27</b> 10:00 Beginner's Spades/ Rook 10:30 <b>Trivia</b> 11:30 Congregate Lunch 1:00 Senior Bowling 7 PM <b>ROOK</b>
<b>30</b> 9:30 Cardio Drumming 10:00 Monthly Birthday Celebration 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$			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.	<b>All of our virtual</b> <b>programs can be</b> <b>found on East Bend</b> <b>Senior Center</b> <b>Facebook Page.</b>

**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.