



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

Feb. 2026

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

Mondays at 10 AM: Chair Volleyball

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

Sat. Feb. 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 10:30 AM: \$1 Prize Bingo

Every Friday 3:00 – 5:00 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:

Feb. 23rd at 10 AM: Monthly Birthday Celebration

Come celebrate December birthdays with us!

Feb. 12th and 26th 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.

Feb. 17th at 10:30 AM: Craft Class

Free craft class sponsored by Valerie Mathews Registration required by Feb. 13th. Craft TBD; Call for more information.

Feb. 24th at 10 AM: Presentation with Kelley and Christy

Breakfast provided *Sponsored by Mountain Valley Hospice.* Registration requested by Feb. 20th.

Feb. 26th at 4 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 Feb. 23rd.

New:

Feb. 17th at 1pm- Join us for an exciting live music performance by **Rack Pack!**

Get ready for great music, energy, and a fun time you won't want to miss.

Feb. 11th at 10:30 AM: Art Show - Show off your talents by bringing your art to share

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





FEB. 2026



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>3</p> <p>9:30 Walking to Music 10:30 UNO 11:30 Congregate Lunch</p>	<p>4</p> <p>10:00 Crocheting Club 10:30 Puzzle Frenzy 11:30 Congregate Lunch</p>	<p>5</p> <p>10:00 Flexercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>6</p> <p>10:00 Beginner's Spades/ Rook 10:30 Coloring Contest 11:30 Congregate Lunch 1:00 Senior Bowling 3:00 ROOK</p>
<p>9</p> <p>9:30 Cardio Drumming 10:25 Health Talk with Terry Ross 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$</p>	<p>10</p> <p>9:30 Walking to Music 10:00 Flexercise 10:30 Partners Health 11:30 Congregate Lunch 3:00 East Bend Happy Quilters</p>	<p>11</p> <p>10:00 Crocheting Club 10:30 Art Show 11:30 Congregate Lunch</p>	<p>12</p> <p>10:00 Flexercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Senior Exercise with Emily</p>	<p>13</p> <p>10:00 Beginner's Spades/ Rook 10:30 Corn Hole 11:30 Congregate Lunch 1:00 Senior Bowling 3:00 ROOK</p>
<p>16</p> <p>9:30 Cardio Drumming 10:30 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$</p>	<p>17</p> <p>9:30 Walking to Music 10:30 Craft 11:30 Congregate Lunch 1:00 Live Music by Rack Pack 3:00 East Bend Happy Quilters</p>	<p>18</p> <p>9:00 Veterans Coffee Connections 10:00 Crocheting Club 10:30 Self Care Talk with Heather Poindexter 11:30 Congregate Lunch</p>	<p>19</p> <p>10:00 Flexercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch</p>	<p>20</p> <p>10:00 Beginner's Spades/ Rook 10:30 Blood Pressure Checks 11:30 Congregate Lunch 1:00 Senior Bowling 3:00 ROOK</p>
<p>23</p> <p>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 \$</p>	<p>24</p> <p>9:30 Walking to Music 10:00 Flexercise 10:00 Interactive Dementia Training with Kelley & Christy 11:30 Congregate Lunch</p>	<p>25</p> <p>10:00 Crocheting Club 10:30 Deputy O'Leary 11:30 Congregate Lunch</p>	<p>26</p> <p>10:00 Flexercise 10:30 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Senior Exercise with Emily 4:30 Memories and Friends Support Supper</p>	<p>27</p> <p>10:00 Beginner's Spades/ Rook 10:30 Reminisce 11:30 Congregate Lunch 1:00 Senior Bowling 3:00 ROOK</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>	

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.