



# EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

March 2026

## What's Happening...

Every Monday at 10 AM: QUARTER BINGO **NEW TIME!!**

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. March 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 AM: \$1 Prize Bingo **NEW TIME!!**

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:

March 30th at 9:30 AM: Monthly Birthday Celebration

Come celebrate March birthdays with us!

March 19th 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.

March 24 at 10:30 AM: Craft Class

Free craft class sponsored by Valerie Mathews. Registration required by March 20th.

Craft TBD; Call for more information.

March 31 at 10 AM: Presentation with Kelley and Christy

Breakfast provided Sponsored by Mountain Valley Hospice. Registration requested by March 27th.

March 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 March XX.

## New:

March 17th 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



## March 2026

Mon	Tues	Wed	Thur	Fri
<b>2</b> 9:30 Cardio Drumming 10:00 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	<b>3</b> 10:30 <b>Puzzle Frenzy</b> 11:30 Congregate Lunch  <b>Due to Voting, ALL Activities and Lunch will be held in the ROOK Room</b>	<b>4</b> 10:00 Crocheting Club 10:30 <b>Puzzle Frenzy</b> 11:30 Congregate Lunch	<b>5</b> 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch	<b>6</b> 10:00 Trivia 10:30 <b>Blood Pressure Checks</b> 11:30 Congregate Lunch 1:00 Senior Bowling 3:00 ROOK
<b>9</b> 9:30 Cardio Drumming 9:45 <b>Health Talk with Terry Ross</b> 10:00 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 10:30 Partners Health 11:30 Congregate Lunch 3:00 <b>East Bend Happy Quilters</b>	<b>11</b> 10:00 Crocheting Club 10:30 <b>Talk with Brandon– SECU</b> 11:30 Congregate Lunch	<b>12</b> 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch	<b>13</b> 10:00 Trivia 10:30 <b>Corn Hole</b> 11:30 Congregate Lunch 1:00 Senior Bowling 3:00 ROOK
<b>16</b> 9:30 Cardio Drumming 10:00 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 <b>Art Show</b> 11:30 Congregate Lunch	<b>18</b> 9:00 <b>Veterans Coffee Connections</b> 10:00 Crocheting Club 11:30 Congregate Lunch	<b>19</b> 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 <b>Senior Exercise with Emily</b>	<b>20</b> 10:00 Trivia 10:30 <b>UNO</b> 11:30 Congregate Lunch 1:00 Senior Bowling 3:00 ROOK
<b>23</b> 9:30 Cardio Drumming 10:00 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 10:30 <b>Craft</b> 11:30 Congregate Lunch	<b>25</b> 10:00 Crocheting Club 10:30 <b>Deputy O’Leary-Crime Prevention</b> 11:30 Congregate Lunch	<b>26</b> 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch 4:00 <b>Memories and Friends Support Supper</b>	<b>27</b> 10:00 Beginner’s Spades/ Rook 10:30 <b>Reminisce</b> 11:30 Congregate Lunch 1:00 Senior Bowling 3:00 ROOK
<b>30</b> 9:30 Cardio Drumming 9:30 <b>Monthly Birthday Party</b> 10:00 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	<b>31</b> 9:30 Walking to Music 10:00 <b>Interactive Dementia Training with Kelley &amp; Christy</b> 11:30 Congregate Lunch		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.