



# EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

May 2026

## What's Happening...

Every Monday at 10 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. May 23rd 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

Every Friday 4:00 – 6:00 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.)



## 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



## Special Events:

**May 14th: Older Americans Month Celebration Ice Cream Social** Join us for fun, fellowship, and ice cream as we celebrate Older Americans Month!

**May 28th 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.

**May 18th at 9:30 AM: Monthly Birthday Celebration**

Come celebrate March birthdays with us!

**May 15th at 10 AM: Presentation with Kelley and Christy**

Breakfast provided, sponsored by Mountain Valley Hospice.

Registration requested by May 11th.

**May 26th at 4:30 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 May 22nd.

## 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

## New:




**Tia Chi Classes:** Join us every Tuesday at 10:00 AM for Tai Chi. We'll follow along with a guided video displayed on the smart board. All skill levels are welcome!

## Upcoming:

**Mobile Mammogram May 7, 2026** - Novant Health Breast Centers mobile mammogram unit will be on site at East Bend Senior Center.



## May 2026

Mon	Tues	Wed	Thur	Fri
 	<p>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more information.</p>			<p><b>1</b>  <b>10:00</b> Trivia  <b>10:30 B/P Checks</b>  <b>11:30</b> Congregate Lunch  <b>1:00</b> Senior Bowling  <b>4:00</b> ROOK</p>
<p><b>4</b>  <b>9:30</b> Cardio Drumming  <b>10:00</b> Quarter Bingo  <b>11:30</b> Congregate Lunch  <b>4:00</b> Beginners Dance Mix \$  <b>5:00</b> Line Dance \$  <b>6:00</b> Clogging \$</p>	<p><b>5</b>  <b>9:30</b> Walking to Music  <b>10:00</b> Tia Chi  <b>11:30</b> Congregate Lunch  <b>12:00</b> Sing along with Pat and Cam</p>	<p><b>6</b>  <b>10:00</b> Crocheting Club  <b>10:30</b> Corn Hole  <b>11:30</b> Congregate Lunch</p>	<p><b>7</b>  <b>9:30</b> Flexercise  <b>10:00</b> \$1 Prize Bingo  <b>11:30</b> Congregate Lunch</p> <p style="text-align: center; color: purple;"><b>Mobile Mammogram</b></p>	<p><b>8</b>  <b>10:00</b> Trivia  <b>10:30</b> <b>Mother's Day Celebration</b>  <b>11:30</b> Congregate Lunch  <b>1:00</b> Senior Bowling  <b>4:00</b> ROOK</p>
<p><b>11</b>  <b>9:30</b> Cardio Drumming  <b>9:45</b> <b>Health Talk with Terry Ross</b>  <b>10:00</b> Quarter Bingo  <b>11:30</b> Congregate Lunch  <b>4:00</b> Beginners Dance Mix \$  <b>5:00</b> Line Dance \$  <b>6:00</b> Clogging \$</p>	<p><b>12</b>  <b>9:30</b> Walking to Music  <b>10:00</b> Tia Chi  <b>10:30</b> Partners Health  <b>11:30</b> Congregate Lunch  <b>12:00</b> Sing along with Pat and Cam  <b>3:00</b> <b>East Bend Happy Quilters</b></p>	<p><b>13</b>  <b>10:00</b> Crocheting Club  <b>10:00</b> <b>Share Day</b>  <b>11:30</b> Congregate Lunch</p>	<p><b>14</b>  <b>9:30</b> Flexercise  <b>10:00</b> \$1 Prize Bingo  <b>11:30</b> Congregate Lunch  <b>1:00</b> <b>Older Americans Month Celebration Ice Cream Social</b></p>	<p><b>15</b>  <b>10:00</b> Trivia  <b>10:30</b> <b>Interactive Dementia Training with Kelley &amp; Christy</b>  <b>11:30</b> Congregate Lunch  <b>1:00</b> Senior Bowling  <b>4:00</b> ROOK</p>
<p><b>18</b>  <b>9:30</b> Cardio Drumming  <b>9:30</b> <b>Monthly Birthday Party</b>  <b>10:00</b> Quarter Bingo  <b>11:30</b> Congregate Lunch  <b>4:00</b> Beginners Dance Mix \$  <b>5:00</b> Line Dance \$  <b>6:00</b> Clogging \$</p>	<p><b>19</b>  <b>9:30</b> Walking to Music  <b>10:00</b> Tia Chi  <b>11:30</b> Congregate Lunch  <b>12:00</b> Sing along with Pat and Cam</p>	<p><b>20</b>  <b>9:00</b> <b>Veterans Coffee Connections</b>  <b>10:00</b> Crocheting Club  <b>11:30</b> Congregate Lunch</p>	<p><b>21</b>  <b>9:30</b> Flexercise  <b>10:00</b> \$1 Prize Bingo  <b>11:30</b> Congregate Lunch</p>	<p><b>22</b>  <b>10:00</b> Trivia  <b>10:00</b> <b>Craft Day</b>  <b>11:30</b> Congregate Lunch  <b>1:00</b> Senior Bowling  <b>4:00</b> ROOK</p>
<p><b>25</b>  <b>Closed</b>  <b>Memorial Day</b></p> <p style="text-align: center;"><i>Remembering the men and women who died while serving our country.</i></p>	<p><b>26</b>  <b>9:30</b> Walking to Music  <b>10:00</b> Tia Chi  <b>11:30</b> Congregate Lunch  <b>12:00</b> Sing along with Pat and Cam  <b>4:30</b> <b>Memories and Friends Support Supper</b></p>	<p><b>27</b>  <b>10:00</b> Crocheting Club  <b>10:30</b> <b>Deputy O'Leary-Crime Prevention</b>  <b>11:30</b> Congregate Lunch</p>	<p><b>28</b>  <b>9:30</b> Flexercise  <b>10:00</b> \$1 Prize Bingo  <b>11:30</b> Congregate Lunch  <b>12:45</b> <b>Senior Exercise with Emily</b></p>	<p><b>29</b>  <b>10:00</b> Trivia  <b>10:30</b> <b>Reminisce</b>  <b>11:30</b> Congregate Lunch  <b>1:00</b> Senior Bowling  <b>4:00</b> 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.