



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

August 2026

What's Happening...

Every Monday at 10 AM: QUARTER BINGO

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

August 22nd at 9:00 AM: East Bend Happy Quilters Guild Sew Day

2nd Tuesday of the month at 10:30 AM: Partners Health Management

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

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:

August 3rd and 10th 11:30 AM-2:00 PM (or until sold out): Pop-up Farmers Market. (weather permitting)

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!

August 31st at 9:30 AM: Monthly Birthday Celebration

Come celebrate **August** birthdays with us!

August 24th at 1:00 PM: Painting with Kevin

Come paint with us as Kevin Casteel, owner of Paint, Palette, & Pizzazz, teaches us how to make masterpieces. A minimum donation of \$5 is required to help cover the cost of all paint supplies and canvas. **We will be painting flowers this month!**

August 25th at 10 AM: Presentation with Kelley and Christy

Breakfast will be provided, sponsored by *Mountain Valley Hospice*.

Registration requested by: August 18th

August 27th 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: August 20th

New:

August 5th & 6th- Tie-Dye with Val

Get creative and join us for a fun two-day tie-dye class!

Bring a white cotton item: a T-shirt, socks, bandana, or another favorite piece and transform it into a one-of-a-kind masterpiece!

Tuesday, August 5th: Twist, tie, and dye your creation!

Wednesday, August 6th: Reveal your colorful design and add the finishing touches.

No artistic experience is needed; just bring your creativity and get ready to have fun! We can't wait to see all the bright and beautiful creations everyone makes.

Thursday, August 20th at 1:00 PM

Put on your blue suede shoes and join us for an exciting afternoon of live entertainment with **Rack Pack!**

Enjoy an energetic **Elvis-themed** performance featuring great music, fun, and plenty of classic hits that are sure to have you singing along.

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

Sample of the painting that we will be Painting with Kevin



AUGUST 2026

Mon	Tues	Wed	Thur	Fri
3 9:30 Cardio Drumming 10:00 Quarter Bingo 11:30 Congregate Lunch 11:30 Pop-up Farmers Market 1:00 Beginner Rook/Rummy	4 9:30 Walking to Music 10:00 Tia Chi 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam	5 10:00 Crocheting Club 10:30 Share Day 11:30 Congregate Lunch 1:00 Tie-Dye with Val Step 1	6 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch 1:00 Tie-Dye with Val Step 2	7 9:00 B/P Checks 10:00 Trivia 10:30 Adult Coloring 11:30 Congregate Lunch 1:00 Senior Bowling 1:00 Rummy 4:00 ROOK
10 9:30 Cardio Drumming 9:45 Health Talk with Terry Ross 10:00 Quarter Bingo 11:30 Congregate Lunch 11:30 Pop-up Farmers Market 1:00 Beginner Rook/Rummy	11 9:30 Walking to Music 10:00 Tia Chi 10:30 Partners Health 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam 3:00 East Bend Happy Quilters	12 10:00 Crocheting Club 10:30 Talk with Brandon-SECU 11:30 Congregate Lunch 12:30 Corn Hole	13 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch	14 9:00 B/P Checks 10:00 Trivia 10:30 Puzzle Frenzy 11:30 Congregate Lunch 1:00 Senior Bowling 1:00 Rummy 4:00 ROOK
17 9:30 Cardio Drumming 10:00 Quarter Bingo 11:30 Congregate Lunch 1:00 Beginner Rook/Rummy	18 9:30 Walking to Music 10:00 Tia Chi 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam	19 9:00 Veterans Coffee Connections 10:00 Crocheting Club 11:30 Congregate Lunch	20 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch 1:00 Live Music by Rack Pack	21 9:00 B/P Checks 10:00 Trivia 10:00 Craft Day 11:30 Congregate Lunch 1:00 Senior Bowling 1:00 Rummy 4:00 ROOK
24 9:30 Cardio Drumming 10:00 Quarter Bingo 11:30 Congregate Lunch 1:00 Beginner Rook/Rummy 1:00 Painting with Kevin	25 9:30 Walking to Music 10:00 Tia Chi 10:30 Interactive Dementia Training with Kellee and Christy 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam	26 10:00 Crocheting Club 10:30 Deputy O'Leary-Crime Prevention 11:30 Congregate Lunch	27 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch 4:30 Memories and Friends Support Supper	28 9:00 B/P Checks 10:00 Trivia 10:30 Reminisce 11:30 Congregate Lunch 1:00 Senior Bowling 1:00 Rummy 4:00 ROOK
31 9:30 Cardio Drumming 9:30 Monthly Birthday Party 10:00 Quarter Bingo 11:30 Congregate Lunch 1:00 Beginner Rook/Rummy			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.