



EAST BEND SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

July 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. July 25th 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

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:

July 27th at 9:30 AM: Monthly Birthday Celebration

Come celebrate March birthdays with us!

July 28th at 10 AM: Presentation with Kelley and Christy

Breakfast will be provided, sponsored by Mountain Valley Hospice.

Registration requested by May 26th.

July 28th 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.

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!

July 27th 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.

Upcoming:

July 6th and 13th 11:30 AM-2:00 PM (or until sold out)- Pop up Farmers Market.
(weather permitting)

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



July 2026

Mon	Tues	Wed	Thur	Fri
 <p style="text-align: center;">"like" us on facebook</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.	1 10:00 Crocheting Club 10:30 Share Day 11:30 Congregate Lunch	2 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch	3 CLOSED Happy 4th of July! 
6 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 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	7 9:30 Walking to Music 10:00 Tia Chi 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam	8 10:00 Crocheting Club 10:30 Corn Hole 11:30 Congregate Lunch	9 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch	10 9:00 B/P Checks 10:00 Trivia 11:30 Congregate Lunch 1:00 Senior Bowling 1:00 Rummy 4:00 ROOK
13 9:30 Cardio Drumming 10:00 Quarter Bingo 11:30 Congregate Lunch 11:30 Pop-up Farmers Market 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	14 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	15 9:00 Veterans Coffee Connections 10:00 Crocheting Club 11:30 Congregate Lunch	16 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Senor Fitness with Emily O'Connor	17 9:00 B/P Checks 10:00 Trivia 10:00 Puzzle Frenzy 11:30 Congregate Lunch 1:00 Senior Bowling 1:00 Rummy 4:00 ROOK
20 9:30 Cardio Drumming 10:00 Quarter Bingo 11:30 Congregate Lunch 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	21 9:30 Walking to Music 10:00 Tia Chi 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam	22 10:00 Crocheting Club 10:30 Deputy O'Leary-Crime Prevention 11:30 Congregate Lunch	23 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch	24 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
27 9:30 Cardio Drumming 9:30 Monthly Birthday Party 10:00 Quarter Bingo 11:30 Congregate Lunch 1:00 Painting with Kevin 4:00 Beginners Dance Mix \$ 5:00 Line Dance \$ 6:00 Clogging \$	28 9:30 Walking to Music 10:00 Tia Chi 10:30 Dementia Training with Kelley & Christy 11:30 Congregate Lunch 12:00 Sing along with Pat and Cam 4:30 Memories and Friends Support Supper	29 10:00 Crocheting Club 10:30 Card Games 11:30 Congregate Lunch	30 9:30 Flexercise 10:00 \$1 Prize Bingo 11:30 Congregate Lunch 12:45 Senor Fitness with Emily O'Connor	31 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

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.