

Surry County Senior Center

A North Carolina Certified Senior Center of Excellence

Mission Statement

“To improve or maintain independent wellness for the older adult through advocacy and vigorous programming.”

January / February / March 2015

From the Director’s Chair.....



New Challenges, New Opportunities

I read a lot of science fiction as a kid. The turning of this New Year brought to mind one such novel I read, written in 1965. The book, the title of which I do not remember, was set in the “far-flung future” of 2015.

Well, here we are in the “far-flung future.”

There’s no intergalactic space travel, or flying cars or domed cities on the Moon in our 2015. Never mind flying to the stars--we have plenty of challenges here on Earth.

At your Senior Center, we also see a multitude of opportunities in our 2015, especially for our seniors. We strive to be the place you can come to for wellness, learning, fellowship, information, advocacy and support. With your continued support and participation, we can be all this and more in the New Year.

Let 2015 be the year that you become a Senior Center advocate. Spread the word. Tell your friends, your co-workers and your family about us. Bring them to your Senior Center and get them involved. Contact your Surry County Commissioner and let him know how much your Senior Center means to you. Support the work of the United Fund of Surry, because they in kind support us. Talk about us in your club meetings. Share our Facebook page and shout it from the rooftops—your Senior Center is important!

The “far-flung future” I read about is here, and through the seniors of Surry County, we have a power greater than any warp-drive or laser beam—we have the human spirit.

Happy 2015.

Calendar of Events – January / February / March 2015

Weekly

- Monday - Yoga Lite, 10:00 a.m. in the Conference Room, No charge.
Dance Mix w/ Tracie, 11:15 a.m. in the Conference Room, No charge.
The Granite City Kickers, 12:30 p.m. in the Conference Room, No charge.
Scrap-a-Lattes (Scrapbooking), 1:30 to 4:30 p.m., Senior Center Room B
- Tuesday - Painting w/Phyllis, 9:00 a.m. Senior Center Room B, \$2.00 per class.
Busy Fingers (Crochet) 1:00 p.m. in Senior Center Room B, No Charge.
Ballroom Dance Practice (No Lesson), 7:00 to 9:00 p.m., Conference Room
\$1.00 Senior Center Fee for Ballroom Dance Practice
- Wednesday- Blended Bingo, 10:00 a.m. in the Senior Center. No charge.
Tai-Chi, \$4 per class, 10:30 a.m.
Senior Bowling at Mt. Airy Lanes, 1:00 p.m., only \$1.50 per game.
Open Cards, 1:30 p.m. in Senior Center Room A, No Charge.
- Thursday - Bridge Club, 9:30 a.m. in Senior Center Room A, No Charge.
Ballroom Dance Class –7:00 to 9:00 p.m., \$1.00 Senior Center Fee.
- Sunday - Square Dance Club, 7:00 p.m., Senior Center, Call for class fee.
*Hosted by Mayberry Squares Square Dance Club (Modern Western Style)

Monthly

- Chrismon Class: Second Thursday of each month from 1:00 to 5:00 p.m. (Floating),
\$1.00 Senior Center Fee. *No instructor, just a supportive group.
- Compassion Circle Outreach Ministry:
Third Thursday of each month at 6:00 p.m. Senior Center Room A. Open to all ages.
- Mayberry Mad Hatters (Red Hat Club):
Times & locations will vary depending on activity. Call for schedule.
- Chapters Book Club: Third Thursday of each month. 11:30 a.m. in Senior Center Room A.
- Lifelong Learning Series: Time/date varies. Brack Llewellyn and guest speakers, will share their
knowledge about history, literature, travel, art and more!
- Free Blood Pressure Checks: Last Friday of each month in Senior Center Room B. 9:30 to 10:30 a.m.
Courtesy of Mt. Valley Hospice and Palliative Care.
- FREE Drop-In Activities:** Available to adults 50 plus to enjoy onsite while the center is open to the public. These activities include:
- Public Computer with High-Speed Internet Access. Available in Senior Center Room B when scheduled activities are not taking place.
 - Board Games including checkers, chess, puzzles, and more. Grab a friend or two and play one of our games. Games are stored in Senior Center Room A.
 - Television, Books & Magazines.
 - Ping Pong Table & Access to Gym when scheduled activities/rentals are not taking place.

Questions about Medicare? SHIIP can help! 800-443-9354

Medicare is a confusing topic for most people, but the Seniors' Health Insurance Information Program. (SHIIP) is available to help you work through your options. If you have any questions or concerns about your Medicare options, call SHIIP at 1-800-443-9354.

One-on-One Insurance Counseling is available at the Senior Center through **SHIIP** upon request. The Senior Center can assist with making these appointments. **NOTE:** Appointments are available by appointment only and are subject to the availability of a certified SHIIP Counselor.

Prescriptions Drugs? Medicare beneficiaries may be eligible for the federal Extra Help/Low Income Subsidy program if he/she has limited income and resources. You may apply online at www.socialsecurity.gov, or contact the SHIIP (Senior Health Insurance & Information Program.) office toll free at 800/443-9354 and we may assist them with completing the on-line application process or send them a paper application.

How you can give:



By Mail:

United Fund of Surry
PO Box 409, Mount Airy, NC 27030

Contact:

office@unitedfundofsurry.org
www.unitedfundofsurry.org

www.NC211.org

Need Help, But
Don't Know Where
To Turn?

- Free
- Confidential
- 24 Hours a Day
- Any Language

DIAL 2-1-1

Your connection to:

- Basic Needs –food, clothing, shelter.
- Child Care Services
- Consumer Help
- Counseling
- Crisis Intervention
- Health Care
- Housing
- Senior Services
- Support Groups
- Volunteer Opportunities

FREE Income Tax Assistance Program

Free to moderate or low income persons (\$53,000 or less) in completing simple federal and state income tax returns.

State Employees Credit Union

1101 S Franklin Road, Mt. Airy
789-7226

- Monday – Friday
- 8:30am to 5:30pm
- Walk-ins only

Friday, March 6, 2015 is 4ALL Statewide Service Day

The 4ALL Service Day is a program of the NC Bar Association Foundation in conjunction with the NC Bar Association. These volunteers provide free legal information and referral resources to the callers with NC related matters.

Attorneys will be available to take calls Friday, March 6, 2015 -7:00 a.m. until 7:00 p.m. The phone number for each call center will be available beginning March 2, 2015. Call the Senior Center for the numbers, or go to www.ncbar.org.

Contributions to the Surry County Senior Center

- Consumers contributions are accepted, appreciated, and are tax-deductible.
- Contributions are entirely voluntary and there is no obligation to contribute.
- Contributions collected will be used to expand the service(s).
- Client's participation in consumer contributions shall be confidential.
- The Surry County Senior Center financial report is available for viewing upon request.
- Contact Brack Llewellyn at 786-6155 x 225 or brack@yveddi.com if you have any questions regarding consumer contributions.

Senior Advocacy:

- Check out the **Advocacy Bulletin Board** at the center. Current contact information for all Surry County elected officials is available for your use along with current election calendars and information.
- Voter registration forms are available for you at the center. You may pick one up free of charge and fill it out on your own or assistance is available if needed.

Volunteer Opportunities:

- Volunteer opportunities are available at the Senior Center and throughout the community. We will be glad to assist you in finding a rewarding volunteer position to enjoy.

Inclement Weather Policy:

- If the Mt. Airy City Schools are closed due to inclement weather, the center will be closed also. If the schools are operating on a delayed schedule, the center will be delayed by the same amount of time.

Senior Center Closed

- Thursday, January 1, 2015 – New Year's Day
- Monday, January 19, 2015 – Martin Luther King Day

Service Connections: The center has a system that connects older adults to a broad range of services that are available by providing information and referral for regional, state, and/or national resources. Please call the center if you need information, referral or assistance with any of the following services:

Health Screenings	Fitness & Health Promotion	Long-term Care Facilities
Senior Games	Tax Preparation/Counseling	Rehabilitation Services
Legal Services	Transportation Medical/General	Mental Health
Caregivers Classes	Family Support Groups	Insurance Counseling / SHIP
Housing Assistance	Reverse Mortgage Counseling	Telephone Reassurance
Home Repair/Modification	Home Health Services	Job Training/Placement
In-home Aide Services	Medicaid Benefits/Medicare Benefits	Energy Assistance
Social Security Benefits	Food Distribution	Respite
Congregate Meals/Home Delivered Meals		Adult Day Care/Day Health
Report Suspected Abuse, Neglect, or Exploitation		Disaster Services
Durable Medical Equipment/Assistive Devices		Hospice Care



Senior Centers of YVEDDI Registration Form



(Please complete with black or blue ink)

Name (First) (Last)

Gender: Male ___ Female ___ Date of Birth: _____

Address

City State Zip County

Phone: (Home) (Cell/Work) (E-mail)

EMERGENCY CONTACT PERSON: _____

EMERGENCY CONTACT PHONE: _____

In the event of a medical emergency, to which Hospital do you prefer to be taken:

Liability Waiver:

I understand that the activities/ programs held within the Senior Center may include physical activity and exercise with the possibility of physical contact and bodily injury to myself and that the Senior Center/YVEDDI and its staff, are not undertaking responsibility to oversee activities that are free from the risk of injury, loss or damage to person or property, and I hereby assume all of said risks for myself.

In consideration of the use and availability of the services and facilities by me, I hereby agree to release, relieve, hold harmless, and indemnify the Center and their respective officers, agents, instructors and employees from all liability and claims arising out of any accident or injury suffered or incurred by me or while enrolled in any class or program sponsored, organized or supervised by the Center or YVEDDI, except for acts of gross negligence or intentional acts of the said officers, agents, instructors, and employees.

Further, in case of accident, injury or sudden illness, I authorize any first-aid or emergency medical care which may become necessary for myself while enrolled in any activity or program administered by the Center.

I also authorize that I may be transported to a local medical facility. I hereby grant permission to be given all appropriate medical treatment necessary. By executing this document, I hereby assume all risk or injury or loss to which I may be exposed.

Participant's Signature

Date

Ethnicity: (Check One)

African-American

White

Hispanic or Latino

Asian

American Indian/Alaska Native

Pacific Islander

This response is optional. Your selection will assist us in tracking our service delivery among diverse ethnic groups.

Doctor Name: _____

Doctor Phone: _____

Blood Type: _____

Allergies: _____

Current Medications: _____

Medical Conditions: _____

Please list any disabilities you have: _____

Please list any activities, trips or events you would like to see at the Senior Center: _____

Mission Statement: *“To improve or maintain independent wellness for the older adult through advocacy and vigorous programming.”*

VOLUNTEER SPOTLIGHT



Our Volunteer Spotlight shines on
Donn Key!

Your Senior Center Volunteer Spotlight shines this time on the amazing DONN KEY. Donn is an actor, writer, musician and former goat farmer (true!) who resides in beautiful Pilot Mountain. Late last year Donn conceived, wrote, directed and starred in the Senior Center's Well-Seasoned Players' Christmas production of "Santa Finds Santa" at the L. H. Jones Auditorium on the campus of the Jones Family Resource Center. The touching and delightful play was well-received by audiences from throughout the area. Thank you, Donn, for all your many hours of hard work and your dedication to our theatre group and the performing arts. Good show!

Volunteers Needed!

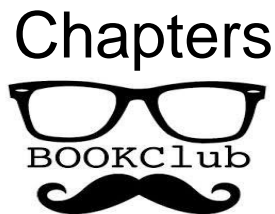
Volunteers are always the heart of any successful program. The programs / agencies below have opportunities for those who wish to volunteer.

Meals on Wheels
786-6155 x 233

Mt. Valley Hospice
789-2922

R.S.V.P
786-6155 x232

SHIIP
(Insurance Counseling)
401-8025



January 15th
February 19th
March 19th

"Chapters" will meet on the 3rd Thursday of each month at **11:30 a.m.** in **Senior Center Room "B"**

Our group leader is Pat Gwyn, Branch Librarian at the Mount Airy Public Library.

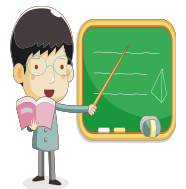
We'll serve up some tasty treats and talk about books we're reading, favorite authors, and what's on our reading list.

Several times during the year, we'll welcome a local author for a guest appearance.

LifeLong Learning Programs

Join us for these upcoming events in our ongoing "LifeLong Learning" Series:

- Thursday February 12, 10:00am: For Valentine's Day, we present "Great Romances That Changed the World!" Learn how some of history's "power couples" shaped our society, our governments and our way of life!
- Thursday March 26, 10:00am: Let's take a tour of "London Town!" Through photos and personal accounts from her visits, Angela Llewellyn will share with us some of the history and culture of one of the world's most dynamic cities. Coffee and snacks will be served at all of our "LifeLong Learning" programs.



Admission is free! To learn more, call your Senior Center at 336 786-6155 ext. 225.

Yadkin Valley Senior Games

May 1 - June 11, 2015

Registration is from
March 1-31 for \$10.00

All those age 50 or better have a chance to "come out & play" competitively for medals and have a great time doing so! Your family and friends are encouraged to come with you to all festivities.

Register at these locations during the month of March:

Armfield, Sr. Civic & Recreation Center (368-2012) East Bend Senior Center (699-5100) Elkin Recreation & Parks Department (835-9814) Pro Health Fitness Center (783-0399) Mt. Airy Parks & Recreation Department (786-8313) Surry County Parks & Recreation Dept. (401-8235) Yadkin County Park & Recreation Dept. (679-7962) Surry County Senior Center (786-6155 x225) Yadkin County Senior Center (679-3596) Yadkin Valley Senior Center (526-1087)

For more information please contact Celena Watson at 401-8245 or watsonce@co.surry.nc.us

Athletic events:

Badminton, Basketball, Billiards, Bocce, Bowling, Corn Hole, Croquet, Cycling, 5K Race, Golf, Horseshoes, Pickle Ball, Swimming, Table Tennis, Tennis, Track & Field, Silver Striders Fun Walk, Spin Casting, Football and Softball Throw

Visual Arts:

Oil, Watercolor, Acrylics, Sculpture, Photography, Pastels, Drawing, Mixed Media

Heritage Arts:

Basket Weaving, Crocheting, Jewelry, Needlework, Tatting & Needlelace, Woodworking, Rugs (hooked, braided, woven) Knitting, Woodturning, Pottery (thrown or hand built), Quilting, Stained Glass, Tole/Decorative Painting, Woodcarving, China Painting, Weaving,

Literary Arts:

Poems and Short Stories

Performing Arts:

Comedy/Drama, Line Dancing, Vocal, Dance, Instrumental, Cheerleading

Opening Ceremonies is scheduled for Friday, May 1st at Fisher River Park.

The Silver Arts Showcase is scheduled for Thursday, June 11th at Yadkinville Cultural Arts Center.

*Mayberry Mad Hatters
St. Patrick Luncheon*



Tuesday, March 17th - 12:00 PM

Lunch & Bingo
\$3.00 per person.

R.S.V.P to Queen Mother
Marguerite Hixson at 789-4327

Senior Center Room A

8th
Annual Senior
Health & Wellness Fair
(for ages 50 and better)

Sponsored by
Reeves Community Center
and
Surry County Senior Center

Friday, March 6th
9:00am to 12:00pm
in the Gymnasium
of Reeves Community Center.

Local health and wellness experts,
health screenings,
and much more!

Door Prizes & More!



Eatin'
With Elvis!

Wednesday,
January 28th
12:00 to 1:30pm
Conference Room

Bring your favorite covered dish to share and come dine with the King. The Senior Center will supply drinks and paper goods.

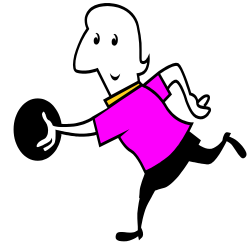
No charge, but we will take up a love offering for our Elvis impersonator, Larry Isenhour.

Spring Bowling Party!
For the first 30 folks that sign up.
Open to all level of abilities,
but for ages 50 and better only.

Wednesday, March 25th,
12:00pm at Mt. Airy Lanes

This event is a blast!

Sign-up by calling
the center
at 786-6155 x 225.



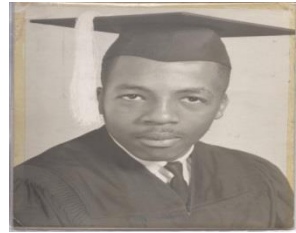
FREE
LUNCH!

Participants will pay the
Bowling Alley directly
for games played and
shoe rental (if any).

Community Garden Meeting

Any seniors interested in taking art in our new raised Community Garden project are invited to a meeting on Monday March 2nd at 1:00pm at the Senior Center. Master Gardener Joe Sloop will be at the meeting to talk about gardening in a small space and to answer your questions. We have eight 4-ft by 4-ft spaces available in our new gardens. They should be filled and ready to plant this Spring. It's first-come, first-served, so make plans to attend our meeting and be a part of our Community Garden!

BLACK HISTORY AT HOME PART 2



Our 2014 Black History Month program with Edward McDaniel was a great success, with Edward sharing rich first-person remembrances of the African-American experience here in Surry County.

This year, we'll continue that new tradition with "Black History At Home, Part 2." Edward will return, along with a group of other senior members of the local African-American community. In a casual conversation with our audience, these figures of living history will share their own stories and views. It's sure to be a fascinating and enlightening event.

"Black History At Home Part 2" will be held Thursday February 19th at 2:00pm in the historic L.H. Jones Auditorium on the campus of the Jones Family Resource Center. There is no charge to attend. Light refreshments will be served following the program. To learn more, call your Senior Center at 336 786-6155 ext. 225.

Beach Music Is In The Air At Your Senior Center!

If you love Beach Music and dancing the Shag, your Senior Center is the place to be this winter! Save the dates for these Beach Music events and classes:

SHAG DANCE PARTIES: Friday January 9th, Friday February 6th, Friday March 6th and Friday April 10th, all beginning at 6:30pm in the Jones Family Resource Center Conference Room. Admission is only \$5.00 per person. Please bring a covered dish to share. Coffee, tea and water will be provided. Dance the night away to great Beach Music sounds!

SHAG CLASSES FOR BEGINNERS: Every Monday night, February 9th through March 16th, 6:30pm in the Conference Room at the Jones Family Resource Center. Classes are \$5.00 each. You may pay at each class you attend. Your instructor is Thurman Hollar.

For more information on any of these Beach Music programs, call your Senior Center at 336-786-6155 ext. 225, or e-mail Brack Llewellyn at brack@yveddi.com.

Boomer's Café

Join us on **Friday, Feb. 6th and Friday, Mar. 6th at 7:00 pm** for live acoustic music in the tradition of the great COFFEE HOUSES of the 1960's.

Coffee will be available (of course!) along with some light fare and plenty of musical memories performed by our area's top musicians!

ADMISSION IS FREE. *Donations are gratefully accepted.*



Chazz Elstone and Friends headlines each month. The duo "JK" will be performing at the February show as well.



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we can help

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www.mtnvalleyhospice.org

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- Medication Reminders
- Incidental Transportation
- Shopping & Errands

172 West Independence Blvd.
Mt. Airy, NC 27030

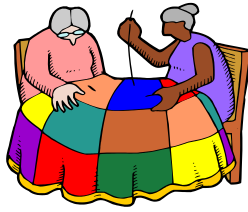


Call for a free, no-obligation appointment **336.789.4472**

Disclaimer: The information in this newsletter is for informational purposes only. The Surry County Senior Centers does not endorse any products, programs or services that are presented. Every individual is responsible for making informed decisions regarding these services, programs or products.

YVEDDI ~ Pilot Mountain Satellite Senior Center

Quilting Club



Every Monday at 12:30 p.m.
No Charge. Bring your sewing machine & materials with you.



Knitting Club

No Charge! Every Monday at 12 p.m.

Yoga Lite



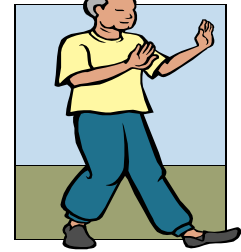
Every Tuesday, 12:00 p.m.

Instructor: Blanche Waddell

No charge! Open to all ages.

Bring your own mat for Yoga Lite, if you have one. The Senior Center will have a few available if needed. Class is located in the Aerobics Room of the Armfield Center.

Tai-Chi



Every Wednesday 10:30 a.m.

Living Room Coffeehouse at 215 A East Main Street in Pilot Mountain

No charge!
Open to all ages.

Rook Club / No charge.

Tuesdays at 12:00 p.m.

Lunch & Learn - 2nd Friday of Each Month Bring a covered dish for everyone to enjoy.

Information on a different topic will be shared each month. 11:30 a.m. in the Senior Center.



Dance Mix

With

Tracie

FREE
1:00 to 2:00 p.m.
Every Tuesday
Tracie Artim, Instructor
Come and learn different dance moves each week!

Bridge Club



Every Thursday at 12:30 p.m.
No Charge.
Refreshments Served.

BINGO FUN AND CA\$H!

Come play **BINGO** with us at the Pilot Mountain Senior Center on **WEDNESDAY JANUARY 28TH** from 1:30 until 3:00pm. We'll put on a pot of coffee, round up some tasty snacks and play some **BINGO!** Each game will be only **25 cents** per player. The winner of each game takes home the pot, so the more players we have, the bigger the cash prize! **ALSO!** We'll play two cover-all games during the afternoon, where your Senior Center will "sweeten the pot" with an additional **\$5.00!** You could win a little extra "mad money" by playing **BINGO** with us! Our caller will be our very own "Jaunty" Joe Jones! So grab some quarters and come to your Pilot Mountain Senior Center on **WEDNESDAY JANUARY 28TH, 1:30-3:00pm!**

YVEDDI ~ Pilot Mountain Satellite Senior Center

General Information

Senior Center Project Specialist: Shirley Key

Phone number: 368-2012 x203

Fax number: 368-4115

Email: pmseniorcenter@yahoo.com

General Operating Hours:

Monday through Friday, 10:00 a.m. to 3:00 p.m.

Office Hours: Varies

Location:

Edward M. Armfield, Sr. Civic and Recreation Center

Mission Statement:

To Enhance the Quality of Life for Senior Adults

Senior Center Closed

- Thursday, January 1, 2015 – New Year's Day
- Monday, January 19, 2015 – Martin Luther King Day

Pilot Mountain Valentine Dance Friday, February 13th



Let's dance! Your Senior Center in Pilot Mountain celebrates Valentine's Day with its annual dance on FRIDAY FEBRUARY 13th from 7:00pm until 9:00PM. Music will be provided by the popular STAN BOBBITT BAND. We'll have refreshments, door prizes and the crowning of our Valentine King and Queen!

Admission to the Valentine Dance is only \$5.00 per person. For more information call Shirley Key at 336-368-2012 extension 203.

The Pilot Mountain Senior Center is located in the Armfield Civic and Recreation Center, 873 Highway 52 Bypass, Pilot Mountain.

PICKLEBALL IS HOT IN PILOT!

Call it "Pickleball Mania!"

In the few short months since your Surry Senior Center and the Armfield Civic and Recreation Center teamed up to offer Pickleball to the seniors in Pilot Mountain, the indoor court at Armfield has been almost constantly occupied. Both men and women are flocking to the center to play, get a great workout and have fun. In the month of December more than 50 seniors enjoyed Pickleball in Pilot, and more are taking up the game every month. Small wonder that it's America's fastest-growing sport! You can be part of "Pickleball Mania" in Pilot Mountain too! Paddles, a ball and a net are provided, or bring your own paddles. There's no charge to play, but you'll need to schedule some time on the court—it's that popular! See Shirley Key at the Pilot Senior Center for more information.

Give Yourself the Gift of a Mammogram

9:00am to 3:45pm
Tuesday, March 31st
Pilot Mountain Senior Center

- By Appointment Only
- Contact Shirley Key to Register
- Bring Your Insurance Card on Date of Service

Breast Clinic FMC Imaging

Senior Centers of Surry County

215 Jones School Road, Mt. Airy, NC 27030

www.surryseniorcenters.org



**Brack Llewellyn,
Director**


786-6155 ext. 225
brack@yveddi.com

Annalisa Davis,
Support Staff

786-6155 ext. 222
adavis@yveddi.com

Fax: 336-786-1951


YVEDDI Public Transportation



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336-679-2071  **YVEDDI**
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Serving Davie, Stokes, Surry and Yadkin counties

Newsletter Distribution

You can receive this newsletter by the following ways:

- 1) Free by email. Please share your email address with us, if you have one, so you can receive your newsletter by email. You may also view the newsletter on-line at www.surryseniorcenters.org
- 2) Pick-up for free at various locations throughout our local area. Look for the newsletter rack that has our "Off Our Rockers" cartoon.

Advertising Space Is Available In

This Newsletter. **Low Rates!**

Call 786-6155 x225 For Prices.

Want Friendly Reminders?

The Surry Senior Center has an email address book for updates and announcements. Send an email to brack@yveddi.com with

"ADD TO EMAIL LIST"

in the subject heading to be added to our list. You can unsubscribe at any time.

Best Ways to Stay Informed:

- Supply your email address to receive friendly reminders by email.
- Find us on Facebook. Simply log onto Facebook, search for "Surry Senior Centers" and click on the "like" button.
- Visit our website: surryseniorcenters.org
- Look for articles and announcements in The Mt. Airy News and The Pilot Newspaper.
- Listen for announcements on local radio stations such as WSYD, WIFM & WBRF
- Look for announcements on the local Time Warner Cable Channel.
- Follow us on Twitter at twitter.com/SurrySnrCtrs