

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 2016

From the Director’s Chair.....



Hello everyone!

As many of you know by now, Brack Llewellyn is semi-retired and I began dual roles as both the JFRC Director and Senior Center Director.

Brack remains on the Senior Center team part-time as the Senior Center Project Specialist. His general working hours will be Monday through Thursday, 8:00am to 2:00pm.

Going forward, we will continue to deliver quality programs and services to both the JFRC and our Senior Center of Excellence.

We have some exciting ideas and plans to make our Senior Center better than ever. Your support will be greatly appreciated.

Annalisa

I would like more information mailed to me for the following program(s):

Name: _____

Address: _____

- | | |
|--|---|
| <input type="checkbox"/> CSBG Self-Sufficiency Program | <input type="checkbox"/> Congregate Nutrition |
| <input type="checkbox"/> Domestic Violence | <input type="checkbox"/> Legal Services |
| <input type="checkbox"/> Head Start | <input type="checkbox"/> Transportation |
| <input type="checkbox"/> Migrant Head Start | <input type="checkbox"/> Retired and Senior Volunteer Program |
| <input type="checkbox"/> Family Resource Center | <input type="checkbox"/> Public Transportation |
| <input type="checkbox"/> Senior Centers of Excellence | <input type="checkbox"/> Weatherization |
| <input type="checkbox"/> Senior Enrichment Program | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Meals on Wheels | |

Please mail to YVEDDI • PO Box 309 Boonville, NC 27011 or drop off at your Senior Center.

Weekly Events

- Monday - Yoga Lite, 10:00 a.m., Conference Room
Dance Mix w/ Tracie, 11:15 a.m., Conference Room
The Granite City Kickers, 12:30 p.m., Conference Room
Scrap-a-Lattes (Scrapbooking), 1:30 to 4:30 p.m., MR Room
Shag Practice (when lessons are not taking place) 6:00 p.m., Conference Room, \$1.00
- Tuesday - Painting w/Phyllis, 9:00 a.m. MR Room, \$2.00 per class.
Busy Fingers (Crochet) 1:00 p.m., MR Room
Ballroom Dance Practice (No Lesson), 7:00 p.m., Conference Room, \$1.00
- Wednesday- Blended Bingo, 10:00 a.m., MR Room
Tai-Chi w/Brack, 10:30 a.m., Conference Room
Line Dance w/Blanche, 12:00 p.m., Conference Room
Senior Bowling at Mt. Airy Lanes, 1:00 p.m., \$1.50 per game.
Open Cards, 1:30 p.m., AD Room
Shag Practice (when lessons are not taking place) 6:00 p.m., Conference Room, \$1.00
- Thursday - Bridge Club, 9:30 a.m., AD Room
Ballroom Dance Class –7:00 p.m., Conference Room, \$1.00
- Sunday - Square Dance Club, 7:00 p.m., Conference Room. Call for class fee.

Monthly Events

- Compassion Circle Outreach Ministry: Third Thursday of each month at 6:00 p.m., AD Room.
Chapters Book Club: Third Thursday of each month. 11:30 a.m., AD Room
Mayberry Mad Hatters (Red Hat Club): Times & locations will vary each month. Call for schedule.
Free Blood Pressure Checks: Third Monday each month. 9:30 to 10:30 a.m. Senior Nutrition Center
BP Checks are Courtesy of Mt. Valley Hospice and Palliative Care.

CR ~ Conference Room (202) AD ~ Annalisa Davis Room (204) MR ~ Maxine Reynolds Room (205)	No charge for activities unless noted.
---	--

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 the MR Room 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 the AD Room.
- 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 (\$54,000 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 5:00pm
- Walk-ins only

Friday, March 4, 2016 is 4ALL Statewide Service Day

The 4ALL Service Day is a program of the NC Bar Association Foundation. 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 4, 2016 - 7:00 a.m. until 7:00 p.m.

The phone number for each call center will be available beginning March 1, 2016. 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 Annalisa Davis at 786-6155 x 222 or adavis@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

- Friday, January 1, 2016 – New Year's Day
- Monday, January 18, 2016 – 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 and Health Promotion
Insurance Counseling
Tax Preparation/Counseling
Legal Services
General/Medical Transportation
Support Groups/Caregivers Classes
Housing Assistance
Reverse Mortgage Counseling
Home Repair/Modification
Home Health Services
In-home Aide Services
Medicaid Benefits
Medicare A, B, and D
Social Security Benefits
Job Training/Placement

Congregate Meals
Home Delivered Meals
Adult Day Care/Day Health
Mental Health
Disaster Services
Durable Medical Equipment/ Assistive Devices
Hospice Care
Long Term Care/AAA Ombudsman
Rehabilitation Services
Report Suspected Abuse, Neglect, or Exploitation
Respite
Senior Games
Telephone Reassurance
Energy Assistance
Food Distribution

*Mayberry Mad Hatters
New Year's Celebration*



Tuesday, January 19th
1:00 PM - Conference Room

Lunch & Storytelling
\$3.00 per person.

R.S.V.P to Queen Mother
Jan Hiatt at 276-755-4737

***We're looking for new members.
Please join us!***

**Eatin'
With
Elvis!**



Thursday, January 28th

12:00 to 1:30 pm
in the 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.

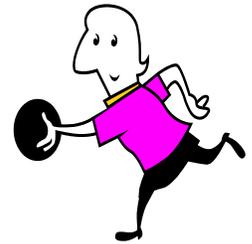
Spring Bowling Party!

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

Wednesday, March 16th,
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).

SHAG CLASSES FOR BEGINNERS:

Every Monday night, February 16th through March 22nd (6 weeks), at 7:00 pm 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, call your Senior Center at 336-786-6155 ext. 225, or e-mail Brack Llewellyn at brack@yveddi.com



**Chapters
Book Club**

January 21 11:30 am
February 18 11:30 am
March 17 11:30 am

Senior Center
Room 205

Our group leader is Pat Gwyn, Branch Librarian at the Mount Airy Public Library. We'll talk about all the great 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.



Cintas
Walking Waggles
5K/10K
for YVEDDI
Meals on Wheels

Donate a bag of dog or cat food that will support Surry Animal Rescue.

For more information, please contact Tom Beckom at (336) 367-3531 or Lisa Money at (336) 367-3522 or visit www.itsyourrace.com

All pets must be vaccinated, spayed/neutered and on a leash and supervised at all times. You must clean up after your pet. Strollers are welcomed.

Surry Animal Rescue will showcase dogs available for adoption at this event. (Adoption process required)

All proceeds will go to the Surry County Meals on Wheels Program. Dog/Cat food donations will support Surry Animal Rescue.

Help eliminate food insecurity for our seniors in Surry County while enjoying a walk with your pet.

Saturday, APRIL 2

Dobson First Baptist Church
Dobson, NC

10K - 8:00 AM

5K – 8:15 AM

(Pets Welcomed)

Sponsored by:



Dancin' to the D.J.- Leap Year Celebration!

Friday, February 26th

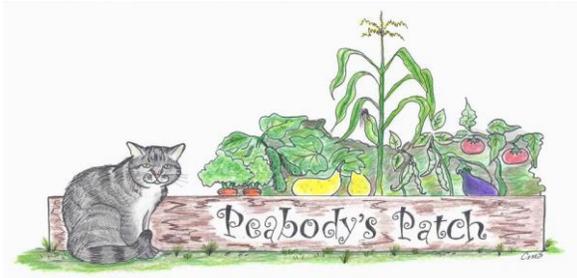
6:30 to 9:00 PM in the Conference Room

Something for everyone.....
shaggers, line dancers, slow dancers, etc.

\$5.00 at the door.

Please bring a "finger food" dish to share.
We'll supply the coffee and water.





“Peabody’s Patch” Garden Meeting February 22nd

The new year means that gardening time is just around the corner! If you’d like to participate in our **Senior Center Community Garden** in 2016, plan to attend our first meeting on **Monday February 22nd at 1:00pm** at the Senior Center in Mount Airy.

Our Master Gardener and advisor **Mr. Joe Sloop** will be on hand to share his wisdom with us as we begin a new growing season in “Peabody’s Patch” on the Family Resource Center campus. We welcome our returning gardeners as well as anyone interested in participating this Spring.

To learn more call the Senior Center at
336 786-6155 ext. 222 or 225.



Volunteer Spotlight

BLANCHE WADDELL

Blanche Waddell is one of the best friends your Senior Center has! In addition to her duties as an instructor (*Yoga Lite* and *Line Dance with Blanche*), she is a strong advocate for all of our programs. We can always count on Blanche to spread the word about our events and encourage other seniors to get involved. Blanche is a great example of an active, fit and enthusiastic senior and an out-standing representative for our programs. Thanks, Blanche, for all you do for your Senior Center!

3rd Annual “Black History at Home” February 25th

The Surry Senior Center’s Black History series continues in 2016 with another **“Black History at Home”** program on **Thursday February 25th at 2:00pm** in the historic L.H. Jones Auditorium.

Once again we’ll welcome a panel of local African-Americans who will recount their experiences of growing up in Surry County during the Civil Rights movement and how those times shaped their lives and their success. It will be an informative, inspirational and eye-opening afternoon for all. Following the pro-gram everyone is invited to stay for light refreshments, fellowship and more conversation.

“Black History at Home” is free of charge and open to everyone. For more information contact the Senior Center at 336 786-6155 ext. 222 or 225.

Our monthly Deaf and Hearing-Impaired Equipment sessions continue each month in 2016. In the first quarter of the year representatives will be at the Surry County Senior Center in Mount Airy on **January 14th, February 11th and March 10th.**

All sessions will take place in **Room 205** (the Maxine Reynolds Room). These sessions are provided by the **NC Division of Services for the Deaf and Hard of Hearing.**

To learn more or to schedule an appointment at one of the sessions held at the Senior Center, call the DSDHH **336-273-9692.**

Who's Afraid of Falling?

Matter of Balance Classes

Every Monday

January 25th – May 14th

10 am to 12 pm

Senior Center Room 205

No charge.

Just about anyone who has had a fall or knows of a friend who has fallen! Falls and Fear of Falling keeps a lot of our senior adults from doing the things they love to do, like hiking, walking the mall, going to the movies, walking in the park, especially if it is raining or dark outside. However, most falls can be prevented!

Join us for an exciting 8-week inter-active workshop that discusses concerns about falls and falls prevention

Learn ways to prevent falls, assess your home for fall risks, remove obstacles, and communicate with your medical providers and even your own family.

Don't let Falls or the Fear of Falling hinder your active lifestyle and keep you from doing the things that YOU want to do!

Preregistration required by Wednesday, January 20th.

You can register with Annalisa at 786-6155 x 222 or Brack x 225.

Yadkin Valley Senior Games

May 1 - June 9, 2016

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)

Surry County Senior Center (786-6155 x225)

Yadkin County Park & Recreation Dept. (679-7962)

Yadkin County Senior Center (679-3596)

Yadkin Valley Senior Center (526-1087)

For more information please contact Bradley Key at 401-8245 or bkey@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

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

Visual Arts:

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

Opening Ceremonies is scheduled for Friday, April 29th at 10:00am at Fisher River Park, Dobson. The Silver Arts/Follies/Closing Ceremonies is scheduled for Thursday, June 9th at Yadkinville Cultural Arts.

YVEDDI ~ Pilot Mountain Satellite Senior Center

Quilting Club



Every Monday at 12:30 p.m.
Bring your sewing machine & materials with you.

ROOK



Tuesdays at
12:00 p.m.

Tai-Chi



Every Wednesday
10:30 a.m.

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

Open to all ages.



Knitting Club

Every Monday
at 12 p.m.

Unless otherwise
noted, there is
not a charge for
activities.

Potluck Luncheon



2nd Friday of Each Month
Bring a covered dish
for everyone to enjoy.
11:30 a.m. in the Senior Center.

Dance Mix



With
Tracie

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.
Refreshments Served.

St. Patrick's Cash Bingo

Wednesday March 16th, 1:30-3:00pm
Only 25 cents per game; the winner gets the
pot! \$5.00 added for each cover-all game for
bigger winnings! Coffee and snacks provided.
Bring your quarters and come on down!



YVEDDI ~ Pilot Mountain Satellite Senior Center

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

Senior Center Closed

- Friday, January 1, 2016
New Year's Day
- Monday, January 18, 2016
Martin Luther King Day

Pilot Mountain Valentine Dance Friday, February 12th



Let's dance! Your Senior Center in Pilot Mountain celebrates Valentine's Day with its annual dance on FRIDAY FEBRUARY 12th 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.

Spaghetti Fundraiser

Be on the lookout for the annual spaghetti fundraiser for the Pilot Senior Enrichment Program. A date/time has not been set, but it should be sometime in March.



For more information, contact Barbara Jessup at 368-0175.

Give Yourself the Gift of a Mammogram

9:00am to 4:00pm
Monday, April 4th
Pilot Mountain Senior Center

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

Breast Clinic FMC Imaging



In Home Aide Services

Home is more than a place to stay! It is your favorite chair, your beloved pet, your treasured memory of someone you love. Today more people are choosing to receive care in the privacy of their own home.

We are a locally owned and operated in home aide agency with your satisfaction as our goal. From light housekeeping, medication reminders, errands, assistance with walking, and meal preparation to help with bathing and feeding, your plan of care is designed with you in mind to as-sure your needs are met.

Call today for more information. 336-789-2273

American Healthcare Services, Inc. your number one choice for homecare.

you have a choice . . .
we can help

Mountain Valley
Hospice & PALLIATIVE CARE

789-2922
www.mtnvalleyhospice.org

We're here for you 24/7
Mount Airy, NC • Pilot Mountain, NC • Dobson, NC (*Hospice Home*)
Elkin, NC • Yadkinville, NC • Hillsville, VA • Stuart, VA

Whether you are looking for someone to help you or a loved one a few hours a week, or need more comprehensive assistance, Home Instead can help.

- Companionship
- Meal Preparation
- Light Housekeeping
- 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.

Senior Centers of Surry County

215 Jones School Road, Mt. Airy, NC 27030

www.yveddi.com

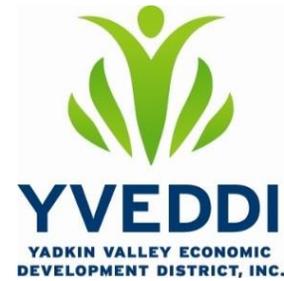
Annalisa Davis,
Director

786-6155 ext. 222
adavis@yveddi.com

Brack Llewellyn,
Project Specialist

786-6155 ext. 225
brack@yveddi.com

Fax: 336-786-1951



YVEDDI Public Transportation



Need a Ride? Go Public...

\$2.00 (each way) in town • \$3.00 (each way) in county

\$5/\$10/\$15 (each way) out of county, depending on mileage

336-679-2071  **YVEDDI**
YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.

Serving Davie, Stokes, Surry and Yadkin counties

Best Ways to Stay Informed:

- Supply your email address to receive friendly reminders by email. Send an email to adavis@yveddi.com with "ADD TO EMAIL LIST" in the subject heading to be added to our list. You can unsubscribe at any time.
- Find us on Facebook. Simply log onto Facebook, search for "Surry Senior Centers" and click on the "like" button.
- Visit our website: www.yveddi.com. Click on "Senior Center" then scroll down to "Surry County Senior Center".
- 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

Advertising Space Is Available
In This Newsletter. **Low Rates!**

Your
Ad
Here

Contact Annalisa at

786-6155 x222 or

adavis@yveddi.com for prices.