

Surry County Senior Center

A North Carolina Certified Senior Center of Excellence

OCT / NOV / DEC 2015

Holiday Schedule

Nov. 11
Veteran's Day

Nov. 26 & 27
Thanksgiving Holiday

December 24, 25 & 28
Christmas Holiday

January 1
News Year's Day

Mission Statement

"To improve or maintain independent wellness for the older adult through advocacy and vigorous programming"



Volunteer Spotlight

Well-Seasoned Player's



Left to right: Jane Tesh, Olivia Jessup, Dottie Hiatt, Jane Tucker, Joey Marion (foreground), Brack Llewellyn

Our Volunteer Spotlight opens wide this time to shine on the cast of our Well-Seasoned Players' Summer 2015 production "Twain By The Tale."

Our sincere thanks to Jane Tucker, Jane Tesh, Dr. Joey Marion, Olivia Jessup and accompanist Dottie Hiatt for sharing your amazing talents with us.

The show went beautifully and you're the reason! We look forward to working with you again and again in the future.

Veteran's Appreciation Event

We honor our Vets of all generations with our annual observance!

Tuesday, November 10th at 2:00pm, with reception and fellowship to follow

The Jones Family Resource Center—Conference Room

Special music, guest speakers and a rousing salute to our armed forces!

Open to all Veterans, active military, their families and guests

This program is proudly presented in partnership with Mountain Valley Hospice and Home Instead Senior Care.

Christmas Shopping at Hamrick's, K&W and T.J. Maxx

Friday, December 11

Pick-up in Mt. Airy at 9am

Pick-up in Pilot Mountain 9:15am (Armfield Center)

\$15 per person (covers YVEDDI Transportation only)

Travel to Hamrick's in Winston-Salem with lunch at the K&W Cafeteria; last stop at T.J. Maxx

Sign up with Annalisa at 786-6155 x222



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.

SPINACH-FETA CROSTINI'S

INGREDIENTS

- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 2 small tomatoes, diced
- 1 small onion, diced
- 1 clove garlic, minced
- ½ cup crumbled feta cheese
- ¼ cup mayonnaise
- ¼ cup sour cream
- ¼ teaspoon pepper
- 16 ounces French bread, cut into 1/2 inch slices



DIRECTIONS

1. Mix together all of the ingredients except the bread.
2. (If making ahead, cover and refrigerate until needed.) Spread mixture on each slice of bread, place on a baking sheet, and bake at 350 for 18-20 minutes or until golden.

6-8 Servings

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

Calendar of Events

Mount Airy -Weekly Activities (activities are no charge unless noted below)

Sun	Mon	Tue	Wed	Thu
<p><u>7:00 p.m.</u> Square Dance Class (Modern Western Style)</p> <p>Call for class fee</p> <p>Hosted by Mayberry Squares Dance Club</p>	<p><u>10:00 a.m.</u> Yoga Lite</p> <p><u>11:15 a.m.</u> Dance Mix</p> <p><u>12:30 p.m.</u> The Granite City Kickers</p> <p><u>1:30 - 4:30 p.m.</u> Scrap-a-Lattes</p> <p><u>7:00 p.m.</u> Shag Dance Practice</p>	<p><u>9:00 a.m.</u> Painting with Phyllis \$2.00 per class</p> <p><u>1:00 p.m.</u> Busy Fingers (crochet)</p> <p><u>7:00 - 9:00 p.m.</u> Ballroom Dance Practice \$1.00 fee</p>	<p><u>10:00 a.m.</u> Blended Bingo</p> <p><u>10:30 a.m.</u> Tai-Chi \$4.00 per class</p> <p><u>12:00 p.m.</u> Line Dance with Blanche</p> <p><u>1:00 p.m.</u> Bowling at Mt. Airy Lanes \$1.50 per game</p> <p><u>3:30 p.m.</u> Shag Dance Practice</p> <p><u>7:00 p.m.</u> Friends of Dance</p>	<p><u>9:30 a.m.</u> Bridge Club</p> <p><u>1:30 p.m.</u> Rook</p> <p><u>7:00 - 9:00 p.m.</u> Ballroom Dance Class \$1.00 fee</p>

Pilot Mountain-Weekly/Monthly Activities (activities are no charge unless noted below)

Mon	Tue	Wed	Thu	FRI
<p><u>12:00 p.m.</u> Knitting Club</p> <p><u>12:30 p.m.</u> Quilting Club</p>	<p><u>12:00 p.m.</u> Yoga Lite</p> <p><u>12:00 p.m.</u> Rook Club</p> <p><u>1:00 p.m. - 2:00 p.m.</u> Dance Mix with Tracie</p>	<p><u>10:30 a.m.</u> Tai-Chi</p>	<p><u>12:30 p.m.</u> Bridge Club</p>	<p>2nd Friday of Each Month</p> <p>Pot Luck Lunch 11:30 a.m.</p> <p>Please bring a covered dish for everyone to enjoy.</p> <p>We provide tea, water, plates, cups, folks, spoons, etc.</p>

Bowling Luncheon

Calling all bowlers age 50 and better!

Join our "Recycled Teenagers" bowling gang for
our quarterly luncheon on

Wednesday, November 18 at 12:00 noon

Mount Airy Lanes

930 West Lebanon Street ▪ Mount Airy

The food and drinks are on us
Bowling is only \$1.50 per game

Special thanks to super volunteer and ace bowler John Wetmore for making our quarterly luncheon possible.



HALLOWEEN DANCE

Pilot Mountain Senior Center

Friday, October 30th

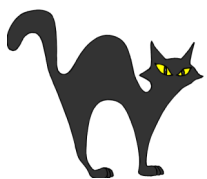
6:30pm-9:00pm

Admission \$5.00

Music by the Stan Bobbitt Band.

Refreshments will be served.

You're invited to come in costume and dance the night away. It'll be a frighteningly good time!



2015 "Reindeer Hop!"

The Surry Senior Center's
Annual Christmas Dance

Friday December 18th

7:00 - 10:00 pm

Dance the night away to the sounds of
The Dennis Tolbert Band!

Tickets are \$15.00 each (includes
meal). Tickets go on sale
Monday November 1st.

Dancing, Dinner and Door Prizes
Galore! Special appearance by Santa
Claus!

Wear your holiday best and come
party with us!

The Reindeer Hop is a holiday partner-
ship between the Surry Senior Center
and Reeves Community Center.

PLEASE CALL IF YOU NEED INFORMATION ON ACTIVITIES OR EVENTS

PILOT MOUNTAIN SENIOR CENTER (336) 368-2012 EXT. 203

SURRY COUNTY SENIOR CENTER (336) 786-6155 EXT. 225

A New Local Service for the Hearing Impaired at the SCSC

Your Surry Senior Center in Mount Airy is partnering with the North Carolina Division of Services for the Deaf and the Hard of Hearing to host monthly Equipment Distribution Service meetings.

THURSDAY OCTOBER 8, 9:30am-12:30pm

THURSDAY NOVEMBER 12, 9:30am-12:30pm

THURSDAY DECEMBER 10, 9:30am-12:30pm



All these meetings will be held in Senior Center Room B at the Surry Senior Center, 215 Jones School Road, Mount Airy, NC. To learn more call the Center at 336 786-6155 ext. 225.



Do you have a favorite joke, recipe or other information that you would like to share?

Please submit to brack@yveddi.com

INCLEMENT WEATHER POLICY

The Senior Center follows the same inclement weather closings as the Mount Airy City School System.



Honoring all who have served in the U.S. Armed Forces

Happy Veteran's Day



Contributions to YVEDDI

- 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.
- A Financial Report is available for viewing upon request.

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

Name: _____

Address: _____



- CSBG Self-Sufficiency Program
- Domestic Violence
- Head Start
- Migrant Head Start
- Family Resource Center

- Senior Centers of Excellence
- Senior Enrichment Program
- Meals on Wheels
- Congregate Nutrition
- Legal Services
- Transportation

- Retired and Senior Volunteer Program
- Public Transportation
- Weatherization
- Other _____

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



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.yveddi.com

2) Pick-up for free at various locations throughout our local area. Look for the newsletter rack that has our "Off Our Rockers" cartoon.



Day Trip to the Mountains *Shatley Springs*

We will eat breakfast at Shatley Springs, visit the Wilkes Cheese Factory (open by chance only) then travel to see the beautiful Churches of the Frescoes.

\$35.00 (due at registration) includes transportation, meal, tax & tip.

Depart from Mt. Airy at 7:45 a.m.

We do not have a set time to return.



FRIDAY

OCT 30

This trip is expected to fill up fast!

Limited Seating

Deadline to register Friday, October 16th

Call Brack at (336) 786-6155 ext. 225

Surry County Senior Center
215 Jones School Road
Mount Airy, NC 27030

Thank you very much for making a monetary donation to YVEDDI. We value your support! This form will help us to properly record and acknowledge your generous gift. In-Kind donations are also accepted.

Donor Name:			
Mailing Address:			
Phone Number:		Email Address:	
Amount:	\$ _____ Program: _____	<input type="checkbox"/> Cash	<input type="checkbox"/> Check # _____

YVEDDI ■ 336-367-7251 ■ www.yveddi.com
P O Box 309 ■ 533 N. Carolina Ave. Highway 601 N ■ Boonville, NC 27011



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 assure your needs are met.

**Call today for more information.
336-789-2273**

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

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



**START YOUR
JOURNEY WITH
US...**



YVEDDI PUBLIC TRANSPORTATION

The **Surry • Yadkin Connector** Operates

Monday - Friday

7:00 AM - 6:00 PM

Call 336-679-2071

Only \$2.00 per trip

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Elkin, NC • Yadkinville, NC • Hillsville, VA • Stuart, VA

Advertising space is available in this newsletter.

Low Rates!

Call 786-6155 x225 for prices.

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 Surry County Senior Center
215 Jones School Road
Mount Airy, NC 27030

Brack Llewellyn, Director
Phone: 336.786.6155 ext. 225
brack@yveddi.com

Annalisa Davis, Support Staff
Phone: 336.786.6155 ext. 222
E-mail: adavis@yveddi.com

Fax: 336.786.1951



PLEASE
PLACE
STAMP
HERE

TO:
