



Surry County Senior Center

A Quarterly Publication for Participant's, Staff, and Community

OCT. / NOV. / DEC. 2018

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.

*Holiday Schedule

November 12th
Veteran's Day

November 22-23
Thanksgiving Holiday

December 24-26
Christmas Holiday

January 1st
New Year's Day

*The Surry County Nutrition Sites will be closed from 12/24/18 through 1/1/2019

2018 Reindeer Hop

Surry Senior Center's Annual Christmas Dance

A collaboration between the YVEDDI Surry Senior Center and the Mt. Airy Parks and Recreation

Tickets Sold in Advance-Tickets go on sale Nov. 1st

Join Us...

Friday

Dec. 7

7:00 - 10:00 PM

* Location: L. H. Jones Auditorium

215 Jones School Road • Mount Airy, NC

Entertainment by The Dennis Tolbert Band

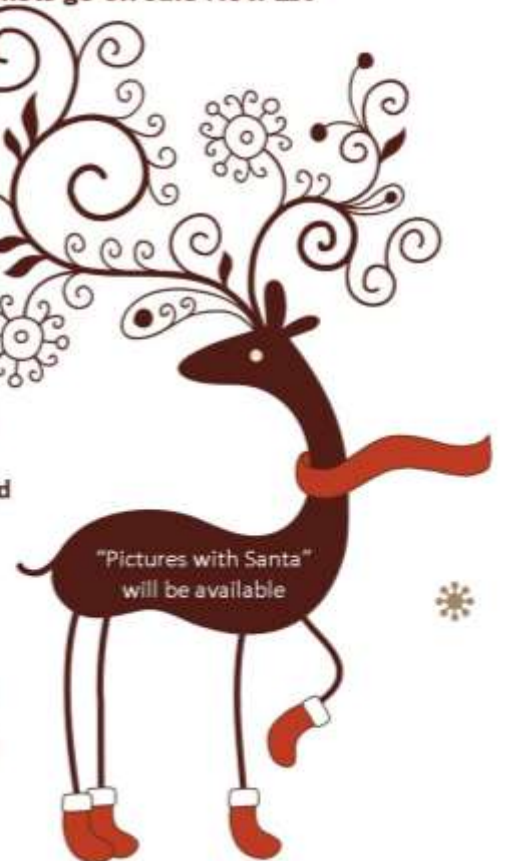
Dinner and Door Prizes!

Dinner will be catered by 13 Bones

Admission Ticket: \$20 per person

(Sold in advance-Tickets go on sale Nov. 1st)

Call 336-415-4225 for more information



We want your feedback! How are we doing?

See your senior center manager to take a survey about your senior center.

Volunteer Spotlight On...



Our Volunteer Spotlight shines on Emma Jean Tucker. Emma Jean serves on the Advisory Committee for the Jones Family Resource Center and the Advisory Committee for the Surry County Senior Center. She is the current President of the J.J. Jones Alumni. Emma Jean also serves on the board

of the Surry County Board of Health. She is part of the team that the mayor constructed to improve race relations in the city called “Hope for the City”. These are just a few of the organizations to which Emma Jean devotes her time and energy. In fact, Emma Jean Tucker is probably one of the busiest people in Mt. Airy.

She is a retired school teacher, but she is never very far away from her beloved J.J. Jones School, now the Jones Family Resource Center. Emma Jean is so active in all of the activities of the J.J. Jones Alumni, that one would think she works at the Jones Family Resource Center, we see her here so often. She actually does have an office here in the JFRC. When you ask someone if they know Emma Jean, almost everyone you ask will quickly say, “Oh yes, Emma Jean helped us with.....” and the answers will vary according to whom you ask. Their next response is, “She is just the sweetest person”.

Emma Jean is forever doing things to beautify the historic L.H. Jones Auditorium. She plants seasonal flowers around the auditorium and she was very instrumental in getting the new light fixtures in the auditorium.

Thank you, Emma Jean, for all your hard work. We know that you do these things because you are truly a caring person. Those of us who have the pleasure of knowing you are truly blessed.



Congratulations to Jane Surratt, Manager of the Surry County Senior Center, for obtaining the esteemed North Carolina Senior Center of Excellence!

Senior centers are located in the community where older adults can gather and participate in recreational, “educational and health promoting activities. The Division of Aging and Adult Services (DAAS) assembled a task force for senior center development and to improve a standard for best practice in senior center operations.

This task force includes:

- Senior Center Directors
- Area Agencies on Aging
- Older Adults
- DAAS
- The North Carolina Institute on Aging
- The Center for Aging Research and Educational Services

This task force helps senior centers complete a self evaluation, review independent site visits and receive certification at the level of Merit or Excellence from the DAAS based on the recommendation of the site review team.

Centers of Merit meet all the requirements of the Home and Community Care Block Grant and are providers of high quality services.

Centers of Excellence provide exemplary services and opportunities to their communities and serve as mentors and models to developing centers.



MOUNT AIRY CENTER

MONDAYS

10:00 am: Yoga Lite (Conf. Room)
11:15 am: Dance Mix w/Tracie (Conf. Room)
1:30 pm: Scrap-a-Lattes (scrapbooking) (Room 205)
7:00 pm: Shag Dance practice (when lessons are not in session) (Conf. Room)

TUESDAYS

9:00 am: Painting with Phyllis (Room 205) \$
1:00 pm: "Busy Fingers" Crochet (Room 205)
7:00 pm: Ballroom Dance practice (Conf. Room) \$

WEDNESDAYS

10:00 am: Blended Bingo (Room 205)
10:00 am: Tai Chi (Conf. Room)
1:00 pm: Recycled Teenagers Senior Bowling (held at Mount Airy Lanes) \$
3:30 pm: Shag Dance practice (Conf. Room)
5:30 pm: Line Dance with Jene

THURSDAYS

9:30 am: Bridge Club (Room 204)
11:30 am: Line Dance Practice with Blanche
1:00 pm: Open Cards (Rook, etc.) (Room 204)
3:00 pm: TOPS \$

FRIDAYS

10:00 am: Tai Chi (held at the Mt. Airy Public Library)
11:00 am: Line Dance with Blanche
12:00 pm: Line Dance practice

SUNDAYS

6:00 pm: Mayberry Squares (Square Dancing) (Conf. Room)

MONTHLY ACTIVITIES/EVENTS

2nd Thursday, 10:00 am: NCDHHS Deaf/Hard of Hearing Equipment Sessions, Room 205
3rd Thursday, 11:30 am: "Chapters" Book Club, Room 205
3rd Thursday, 6:00 pm: Compassion Circle Support Group, Rooms 204 & 205
1st and 3rd Fridays, 1:00 pm: Writers' Group, Room 204
Mayberry Mad Hatters (times and locations vary; call us for information)

Free Drop-In Activities

Available at the Mount Airy Center during regular center hours:

- Public computers with internet access
- Board games
- Television with local channels and DVD player
- Magazines
- Puzzles
- Playing cards (Rook, Bridge, etc.)
- Access to the Family Resource Center gymnasium (when scheduled activities are not taking place)

ACCOMMODATION STATEMENT

For accommodations for persons with disabilities, contact the Senior Center at (336) 415-4225, no fewer than five business days before the event.

PILOT MOUNTAIN SATELLITE CENTER

Drop In Activity: Adult Coloring
MONDAY-FRIDAY Coffee Club 8:30 – 9:00 am

MONDAYS

11:15 am Breathe, Stretch, Balance, and Relax
12:00 pm: Knitting Group
12:30 pm: Quilting Club

TUESDAYS

12:00 pm: Rook Club
1:00 pm: Dance Mix with Tracie

WEDNESDAYS

11:30 am: Tai Chi with Rick Baudino
1:00-3:00 pm: Acrylic Painting Classes

THURSDAY

12:30 pm: Bridge Club

MONTHLY ACTIVITIES/EVENTS

2nd Friday, 11:30 am: Potluck Lunch,
2nd Thursday, 7:00 pm: Narcolepsy Support Group

Pilot Mountain Center Project Specialist: Shirley Key
Phone number: (336) 368-2012 ext. 203
Fax number: (336) 368-4115
Email: skey@yveddi.com
General Operating Hours: Mon-Fri. 10:00am to 3:00pm

VIP (Visually Impaired Support Group)

VIP is a non-profit organization that aids the blind and visually impaired along with all those with handicaps that need support. The group tries to meet quarterly at the Jones Family Resource Center on the second Thursday. Lunch begins at 11:00am, followed by a meeting, special speakers, games like Bingo or an open forum. VIP always welcomes new faces.

There is no charge to participate. They do not solicit donations. VIP is run on friendship and blessings.

To learn more about VIP contact Beth Bowman at (336) 648-0802



Hearing Impaired Equipment Sessions

The NC Division of Services for the Deaf and Hard of Hearing schedule for this quarter is:

- October 11th
- November 8th
- December 13th

The sessions begin at 10:00am in Room 205 at the Senior Center in Mount Airy.

To schedule an appointment, call the NCDHHS Greensboro Regional office at (336) 273-9692.

.....
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.



Weight Watchers

meets at the Armfield Civic Center in Pilot Mountain each

Thursday evening with weigh-ins starting at 5:30 p.m. and the meeting starting at 6:00 p.m.

New members are welcome.

There is no need to call and register.

Open to the public. There is a fee.

For more information, call (336) 368-0175.

BOO BALL

JOIN US IF YOU DARE...

FRIDAY **OCT 26**
6:00-9:00 PM

Ghoulishly good dance music by the Stan Bobbitt Band!
Devilishly delicious refreshments!
Come in costume (if you dare) and dance the night away!
Mountain Valley Hospice will be providing ice cream

\$5 PER PERSON

Pilot Mountain Senior Center
873 Old US 52 Bypass
Pilot Mountain, NC 27041
(336) 368-2012 ext. 203

The YVEDDI Retired Senior Volunteer Program & the Surry County Senior Center

Are proud to announce that we are partnering with the IRS to provide

FREE Tax Preparation at the Mt Airy Public Library !!

Help your community — become a VITA volunteer!

Are you looking to learn a new skill while helping those in your community? The IRS Volunteer Income Tax Assistance Program, or VITA, is looking for volunteers to help prepare tax returns for 2018.

VITA sites provide *free* income tax preparation for low-to moderate-income taxpayers (generally those who make \$54,000 and below) who need help filing their returns.

VITA volunteers come from all walks of life and include professionals, retirees, college and high school students, IRS-employees and others who simply want to help taxpayers in their communities. IRS partners with non-profit, community and governmental organizations to provide free tax assistance to more than 3 million taxpayers nationwide.

Volunteering with VITA is an opportunity to 'pay it forward.' Spending a few hours each week with other volunteers is an enjoyable experience.

Not only will you feel a sense of pride by helping people fulfill their tax obligation, but you also will learn new skills that will benefit you outside the VITA program.

Becoming a VITA volunteer is easy, and free training is offered both online and in a classroom setting.

If you are interested in becoming a VITA volunteer please contact:

Missy Whitaker at (336) 415-4247

Jane Surratt at (336) 415-4225



CONNECTED



Retired & Senior Volunteer Program (RSVP) Telephone Reassurance Program

This program matches trained volunteers with Meals-on-Wheels recipients who call the home-bound senior at a scheduled time to make sure he or she is healthy and safe and provide connections to resources for meeting urgent needs.

Program Services

- A brief telephone call to a homebound person
- Calls may be made up to 5 days a week, Monday through Friday
- Calls are made by friendly, trained volunteers
- This service is offered at no cost to the client but contributions are accepted. There is no obligation to contribute. Contributions are entirely voluntary. Calls will not be reduced or terminated for failure to contribute. Contributions or lack of contributions is confidential.
- If the recipient does not answer the phone, a procedure of safety checks is followed before emergency response system (911) is activated

If you would like to participate in this program please contact (336) 786-6155 ext. 224.

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:

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> ▪ 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 | <ul style="list-style-type: none"> ▪ 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 | <ul style="list-style-type: none"> ▪ 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 |
|--|--|--|



David Simms, a licensed sales representative with United Health Care will be on-site to answer your questions about Medicare Options.

Friday, October 26th at 10:00 am
Friday, November 16th at 10:00 am

He will hold a community meeting for anyone interested in open enrollment.

Everyone is welcome to attend.

He will have staff available to sign seniors up for open enrollment.

There is no fee for these meetings and no need to call and reserve a time.

If you have questions, please call David Simms at (336) 466-1299

Surry County Senior Center
L. H. Jones Family Resource Center
215 Jones School Road
Mount Airy, NC 27030
Room 205

AARP Smart Drivers Class

For drivers 50 years and older but anyone can benefit by taking the course.

The class is all about change, changes in our vision, hearing and reflexes, our cars, our roads and our state laws.

Strategies are offered to deal with the changes and reduce your chances of becoming involved in a crash.

Participants learn how to self-assess their driving and/or are referred to professional self-assessment organizations, if needed. They also discuss options to driving and realize that it is not the end of the world to have to stop driving.

Participants receive a personal work book that you can refer back to in the future.

THERE ARE NO TESTS GIVEN!

Additionally, you will receive a certificate to take to your insurance company which may make you eligible for a reduction in your car insurance premium.

The Surry County Senior Center is partnering with AARP to sponsor a Smart Driver Class

For more information or to sign up for the class, contact Jane Surratt at (336) 415-4225.

\$15 - AARP members
\$20 - Non-members

Participants must have their AARP membership card or be able to provide their membership number.

The senior center will provide a light lunch.

November 27, 2018

Four-hour class beginning at 10:00 am

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



Questions about Medicare? SHIIP can help! 855-408-1212

The Seniors' Health Insurance Information Program (SHIIP) is available to help you work through your Medicare options. If you have any questions or concerns call SHIIP at 1-855-408-1212. One-on-One Insurance Counseling is available at the Surry Senior Center through SHIIP upon request. The Senior Center can assist in making these appointments. (*Appointments subject to the availability of a certified SHIIP Counselor.*)

Prescription Drugs: Medicare beneficiaries may be eligible for the federal Extra Help/Low Income Subsidy program if he/she has limited income and resources. Seniors may apply online at www.socialsecurity.gov, or contact the SHIIP office. The Senior Center can assist you with completing the on-line application process or with a paper application or contact:

NC Cooperative Extension Service in Dobson
(336) 401-8025

Mount Airy Satellite Site in the Human Services Building
(336) 783-8500



YVEDDI Surry Senior Centers

215 Jones School Road
Mount Airy, NC 27030

For more information about any
Senior Center event, activity or
program, please contact:

Jane Surratt, Manager
Phone: 336.415.4225
jsurratt@yveddi.com
Fax: 336.415.4225

Pilot Mountain Senior Center
Edward M. Armfield, Sr. Civic and
Recreation Center
873 Old US 52 Bypass
Pilot Mountain, NC 27041

Shirley Key, Project Specialist
Phone: 336.368.2012 x 203
Fax: 336.368.4115
Email: skey@yveddi.com

Interested in a Veteran's Support Group?

Please let us know!
Call (336) 415-4225

**“Dancin’
with
the
DJ!”**

Friday
NOV 9
6:30 - 9:30 PM

DJ - *Brack Llewellyn*

Refreshments
provided by
Yokefellow
Ministries

**Suggested Donation
\$5.00
per person**

Dance the night away to the best in
**Classic Rock, Country, Beach Music
and more!**

Co-Sponsored by the YVEDDI Senior Center of Surry
County and Yokefellow Ministries of Mount Airy.
All proceeds benefit The United Fund of Surry

Jones Family Resource Center
Conference Room
215 Jones School Road
Mount Airy, NC 27030
(336) 415-4225

YVEDDI
United Fund of Surry

Rental Space Available

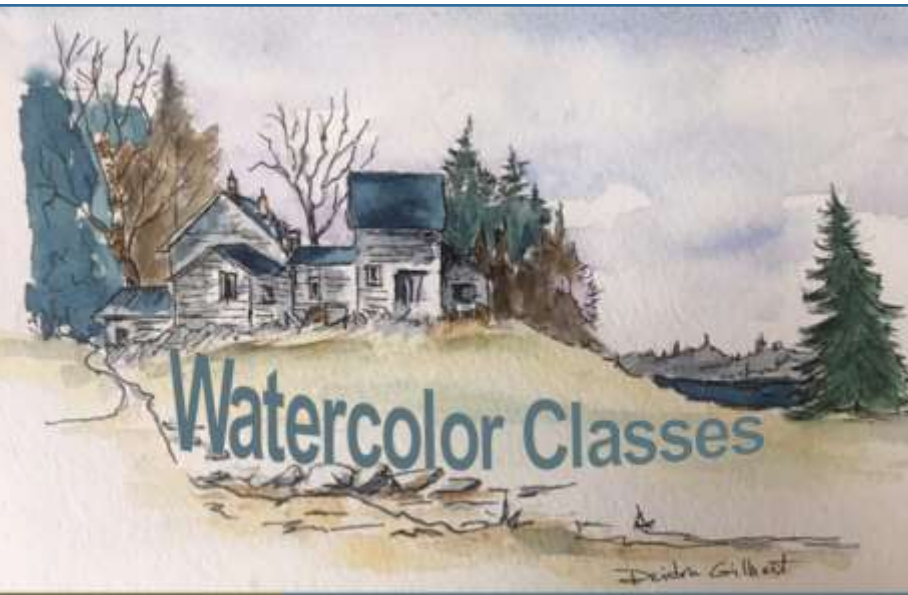
The YVEDDI L.H. Jones Family Resource Center located at 215 Jones School Road in Mount Airy is seeking occupants for several available office spaces.

Lease fees are based on cost sharing of monthly expenses.

Non-profit agencies that would enhance the services provided by current occupants should contact Bristol Mitchem at (336) 786-6155 ext. 222. or (336) 415-4256.

Call to schedule your tour today!

Available Spaces: 162 sq. ft. / 615 sq. ft. / 553 sq. ft.



Watercolor Classes

Debra Gilbert

SCHEDULE


Adults of any age or artistic experience or none are welcome

We focus on using watercolor paint on drawn or traced subjects and learn techniques for making corrections.

\$80.00 per series
Includes all supplies
(Refunds are not given for missed classes.)

Reservations Requested

Contact Andrea Morrison at
(276) 755-3040 or
rtolbush@hotmail.com



Series I MONDAYS	Series II MONDAYS
<u>October 15</u> 9:30 am - 12:30 pm	<u>November 19</u> 9:30 am - 12:30 pm
<u>October 22</u> 9:30 am - 12:30 pm	<u>November 26</u> 9:30 am - 12:30 pm
<u>October 29</u> 9:30 am - 12:30 pm	<u>December 3</u> 9:30 am - 12:30 pm
<u>November 5</u> 9:30 am - 12:30 pm	<u>December 10</u> 9:30 am - 12:30 pm

L. H. Jones Family Resource Center
215 Jones School Road • Mount Airy, NC 27030
(336) 415-4225



These ladies participated in Andrea Morrison's acrylics class on August 6, 2018.

Standing, left to right, are Christine Badgett, Brenda Cooke, Sandi McCallum, Pam Rutherford, Rachel Kennedy, Andrea Morrison, and Nancy Miles.

Seated, left to right are Cathy Taylor, Maryann Stoner and Brenda Goings.

Not pictured is Carol Wood.

Donations to the Surry County Senior Center

Consumers donations are accepted, appreciated, and are tax-deductible.

Donations are entirely voluntary and there is no obligation to contribute.

Donations collected will be used to expand our services.

Clients' participation in consumer donations shall be confidential.

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 "YVEDDI Surry Senior Centers" and click on the "like" button.
- Visit our website: www.yveddi.com
- 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

How You Can Give...



The YVEDDI Senior Centers of Surry County are proud United Fund Agencies!

We encourage you to SUPPORT THE UNITED FUND OF SURRY

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

In Person:
182 West Independence Blvd
Mount Airy, NC 27030

Contact:

office@unitedfundofsurry.org www.unitedfundofsurry.org



Adult Coloring

This is a drop in activity anytime during regular business hours

CALMING ▪ SOOTHING ▪ STRESS-RELIEF

Pilot Mountain Senior Center
873 Old US 52 Bypass ▪ Pilot Mountain, NC 27041



A Matter of Balance Program utilizes a variety of activities to address physical, social and cognitive factors affecting fear of falling and to teach fall prevention strategies.

The activities include group discussion, problem solving, skill building, assertiveness training, sharing practical solutions and fall prevention exercises. During the class participants will learn to view falls and the fear of falling as controllable, set realistic goals for increasing activity, change their environment to reduce fall risk factors, and promote exercise to increase strength and balance. Individuals who are concerned about falls, have sustained a fall in the past, restrict activities because of concerns about falling, are interested in improving flexibility, balance and strength, and are age 60 or older should attend this class.

A Matter of Balance is an 8 week program that meets one day a week for 2 hours and is FREE to all participants.

The program will be offered at the Jones Family Resource Center every Tuesday from 10:00am-12:00pm for 8 weeks starting on Tuesday, October 16th.

If you would like to register for the program, please contact:

Jane Surratt at (336) 415-4225 or email jsurratt@yveddi.com

Seats are limited.



Grace's Closet Accepting Donations



We Need Your Help!

Our Clothing Closet is in need of the following items:

- NEW Men's, Women's, and Girls and Boy's Underwear (all sizes) in high demand
- New and gently used socks (all sizes)
- Children's clothing (2T to Junior sizes)
- Men's clothing (all sizes)
- Shoes (especially men's)
- Blankets
- Sheets
- Towels

You can bring your donation directly to the Grace's Closet located at 215 Jones School Road, Mount Airy, NC 27030. Donations are accepted Monday – Friday 8:00 am – 4:30 pm.

Your donation helps us make a difference in the lives of your neighbors in need!

For more information, please call (336) 786-6155 ext. 222



Scrap-a-lattes

Scrapbooking

Every Monday
at 1:30 to 4:30 PM

Come and have fun with the
"Scrap-a-lattes"

There is no charge for this activity and newcomers are always welcome, even you if are new to the world of scrap booking.

Surry Senior Center
215 Jones School Road
Mount Airy, NC

Join Us...

Pictured "Scrap-a-lattes"

Back (L to R): Gloria Bunn, Lu Loy, Mary Fawcett, and Ruth Marion
Front (L to R): Wallye Jones, Linda Sugg, Janet Head, and Judy Snow

Want Friendly Reminders?

The Surry Senior Center has an email address book for updates and announcements.

Send an email to jsurratt@yveddi.com with "ADD TO EMAIL LIST" in the subject heading to be added to our list.

You can unsubscribe at any time.



Mount Airy Girl Scout Troop 02320 planted this beautiful garden in front of the Jones Family Resource Center back in the fall of 2017 and everyone who enters the JFRC has greatly enjoyed the plants and flowers, especially the butterfly bush. The butterflies have enjoyed it as well. One of the troop members father, Joe Allen, is a master blacksmith, and he made and donated the beautiful and unique sculpture in the garden.



Back in the summer, the shelves in the Yokefellow Food Ministry were getting pretty low. The Jones Family Resource Center and the Surry County Senior Center partnered to have a food drive for Yokefellow Food Ministry, which is located in the Jones Family Resource Center.

Four hundred, twelve pounds of food were collected as well as over \$1000 in donations.

Thank you to the occupants and the participants of the Jones Family Resource, the Surry Senior Center and the community for donating to this worthy cause.

YVEDDI Jones Family Resource Center is sponsoring a new support group:
Every Thursday from 6:30 P.M. – 8:00 P.M.
(The first meeting will be held on October 4, 2018.)

Jones Family Resource Center
Room 202
215 Jones School Road
Mount Airy, NC 27030

Must be 18 years or older to attend.

PAL – Parents of Addicted Loved ones.
The primary goal is to provide hope through education and support for parents dealing with addicted loved ones by offering confidential peer support.
Other family members of addicted loves ones are also welcome to attend.
For more information contact the Jones Family Resource Center at (336) 415-4256, visit our Facebook Page [PAL/ Parents of Addicted Loved Ones in Surry County](#), or visit www.pal-group.org

By attending these meetings, you learn proven ways to help your loved one toward recovery from addiction.

THERE IS HOPE

PAL meets very week and provides continuing education along with support, at no charge, for parents with a son or daughter suffering from alcohol or drug addiction.

YOU ARE NOT ALONE

Many families are affected by addiction. PAL will allow you to give and receive support from others who are facing the same challenges you are. The guiding principles of PAL are confidentiality, respect, acceptance and support.

FOR SPOUSES TOO

PAL can also assist spouses who are sometimes forced into acting like a parent to their addicted partner who is abusing alcohol or drugs.

Parents of Addicted Loves Ones (PAL) is a national organization founded in Arizona by a Licensed Independent Substance Abuse Counselor.



The Surry County Senior Center presents...

Basic Carolina Shag Class

Every Monday night at 7:00 p.m.
October 1st thru October 29th, 2018
(5 week class)

\$5.00 per person per class
(Each participant will pay the instructor at each class attended)
No partners needed.

To sign up or learn more, call the Senior Center at (336) 415-4225

Jones Family Resource Conference Room
215 Jones School Road, Mount Airy

Instructors: Thurman Hollar and Kayla Ellis



Monday evening Shag Dance practice will resume regular schedule on November 19th

*** Monday's at 7:00 pm
Wednesday's at 3:30 pm**

L. H. Jones Family Resource Center
(Conference Room)

This is a great opportunity to brush up on your dance moves and to even learn how to shag.

** Shag Dance practice will not be offered when other activities are scheduled in the conference room during same days and hours*

Veteran's Appreciation Program

THURSDAY
NOV. 8
1:00 PM

We honor our Vets of all generations with our annual observance with reception and fellowship to follow.
Special music, guest speakers and a rousing salute to our armed forces!
Open to all Veterans, active military, their families and guests.



The Jones Family Resource Center - L. H. Jones Auditorium
215 Jones School Road • Mount Airy, NC 27030



This program is proudly presented by your YVEDDI Senior Centers in partnership with Mountain Valley Hospice and Ridgecrest

TOPS weight loss support group is now meeting weekly in the Surry Senior Center at the Jones Family Resource Center.

TOPS stands for Take Off Pounds Sensibly.

TOPS focuses on making small, steady lifestyle changes that provide lasting weight loss and better health.

TOPS members learn to eat better, move more and stay motivated through engaging educational programs that their experts prepare and that volunteers present at weekly meetings. In addition, many members enjoy the weekly camaraderie and make lifelong friends in TOPS.

The TOPS club meets at the Surry Senior Center every Thursday at 3:30 p.m.

There is a fee to join TOPS. While there is an annual fee, anyone can attend a meeting for free, to see if TOPS is for them.

For more information, call Susan Messick at (910) 540-7652.



www.NC211.org

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

DIAL 2-1-1

Free • Confidential • 24 Hours a Day • Any Language

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



**EVERY
WEDNESDAY**

**from 1 p.m. to
3 p.m.**



**Acrylic Painting
Classes**

No experience needed!

No fee for classes

All participants will be responsible
for their own supplies

Instructor: Betty Ann McKinney

Pilot Mountain Senior Center
873 Old US 52 Bypass
Pilot Mountain, NC
(336) 388-2012 ext. 203




Life Line Screenings Offered

December 19th

Life Line Screening, a leading provider of community-based preventive health screenings will be in our community on Wednesday, December 19, 2018 at Surry County Senior Center.

Ultrasound screenings to identify risk factors for Cardiovascular Disease include:

- 4 Carotid Artery (plaque buildup-a leading cause of stroke)
- 4 Abdominal Aortic Aneurysm (an enlargement or weak area in the main blood vessel that carries blood from the heart to the rest of the body)
- 4 Peripheral Arterial Disease (hardening of the arteries in the legs)
- 4 Heart Rhythm Screening (an EKG to detect Atrial Fibrillation-irregular heartbeat)
- 4 Osteoporosis Risk Assessment

Being proactive about your health by knowing your risks helps you and your doctor address problems early.

Register online TODAY at www.lifelinescreening.com/communitycircle and receive your "Community Circle" discount and your preferred appointment!

The YVEDDI Retired Senior Volunteer Program (RSVP) is partnering with the Salvation Army to help recruit volunteers for their thrift store located at:

220 Fredrick Street ▪ Mount Airy, NC

For more information, please call:

Salvation Army: (336) 786-9253

YVEDDI RSVP Program: (336) 415-4247



DOING THE MOST GOOD



We've got the story behind the story.
And it's a Dickens of a tale.

Uncle Charlie's Christmas Carol

A re-imagining of the holiday classic by Brack and Angela Llewellyn

Featuring members of
The NoneSuch Playmakers
and
The Dewey Decimal Players
of the
Mt. Airy Public Library
in partnership with
The YVEDDI Senior Centers
of Surry County

Saturday, December 15th at 7:00 p.m.
Sunday, December 16th at 2:00 p.m.

L. H. Jones Family Resource Center Conference Room
215 Jones School Road, Mount Airy, NC Admission \$10.00
Kids 12 and under admitted free with a paid adult
A portion of the proceeds benefit the Senior Center




Charity SALE

Free Gift Cards To The First 100 Customers!

November 3, 2018

6 a.m. to 10 a.m.

Bristol Mitchem, L. H. Jones Family Resource Center (FRC) Manager has tickets/coupons to an exclusive **"Private Ticketed Event"** at any Belk store.

The ticket/coupon allows the holder to get into the door from 6a – 10a. NO other public can shop during this time period without one of these tickets.

The ticket is also a coupon for \$5 off the first purchase, so the cost of the ticket is made back.

Also, the first one hundred customers get FREE gift cards worth \$5 to \$1500!!

This store wide sale is just that.

EVERYTHING is on sale, ie: jewelry, cosmetics, handbags, clothes, house wares, everything.

NOW, the best part is that 100% of the money for the tickets sold goes right back into the L. H. Jones Family Resource Center, a "Focal Point" for information and referral services

Please pass this along to all your friends, family, in-laws and out-laws.

To purchase your tickets, contact Bristol Mitchem at (336) 415-4256

Thank you for your support!



Congratulations to Pilot Mountain site manager Ladene Haymore for achieving a 100 on the site's sanitation inspection. Two in a row! Way to go Ladene! We are very proud of the work that you do. Thank you for your service to the senior adults of Pilot Mountain.

"Santa to a Senior" Tree

Once again, the Surry County Senior Center will put up a "Santa to a Senior" Christmas tree in the senior center.

Home Instead Senior Care, has for several years, partnered with many businesses and organizations in the community to help provide senior citizens in our community with Christmas gifts. These seniors may not otherwise receive a Christmas gift.

The Santa to a Senior tree will be up in the Surry County Senior Center by **November 9th**

Please stop by the senior center, pick an ornament from the tree and bring a smile to a senior citizen this Christmas.



Here's How It Works

Home Instead Senior Care finds seniors who have needs, and distributes "ornaments" for trees of participating organizations.

The ornaments have written on them, the needs of a particular senior. These needs are simple, they range from a robe, to snacks, to pajamas.

Once all of the "ornaments" disappear from the tree, the folks who take the ornaments are asked to bring in the gifts, unwrapped, to the senior center.

The senior center manager will take them to Home Instead Senior Care where they will be wrapped in brightly colored Christmas paper and given to the seniors.



Surry County Senior Center
215 Jones School Road • Mount Airy, NC 27030
(336) 415-4225





Please Join Us... Bash

Friday April 26 2019

Doors Open at 5:00 p.m.
Games Begin at 6:00 p.m.

In Advance: \$25
At the door: \$30

Packet includes 20 games, 1 coverall, and 5 door prize tickets


L. H. Jones Family Resource Center
(Auditorium)
215 Jones School Road
Mount Airy, NC
(336) 786-6155 ext. 222



Proceeds will benefit the L. H. Jones Family Resource Center

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YVEDDI PUBLIC TRANSPORTATION



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Monday - Friday
7:00 AM - 6:00 PM

Call 336-679-2071

Only \$2.00 per trip

Anyone can ride!

The YVEDDI Retired Senior Volunteer Program (RSVP) is partnering with the Mount Airy Museum of Regional History to help recruit volunteers for:

- Tours
- Guest Relations
- Clerical
- Collection Management
- Camp Volunteers
- Educational Program Development & Execution

Mount Airy Museum of Regional History
301 N. Main Street • Mount Airy, NC

For more information, please call:

Mount Airy Museum of Regional History:
(336) 786-4478 ext. 229

YVEDDI RSVP Program: (336) 415-4247



The Surry County Senior Center is looking for a yoga instructor.
Please call (336) 415-4225



They Surry County Senior Center follows the inclement weather policy of the Surry County School System.



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 house-keeping, 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.

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