



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

August 2021

Important Announcements

We will continue to provide Meals on Wheels to the homebound and pick-up meals for registered congregate members.

We would like to remind everyone that the posted safety guidelines must be followed for in-person activities at our facilities. This includes masks covering the nose and mouth for everyone, vaccinated or not.

The guidelines are posted in each room at both senior centers.

Virtual Classes and Activities:

Monday Morning Check-In: Facebook Group Chat—Mondays at 11:30 AM

Contact Carolyn Gentry or Heather Handy to be added to the group chat.

Cake in a Mug Demonstration: Heather will teach us how to make an individual sized cake in a mug using the microwave! This will be available in the Facebook Group Chat. Contact Carolyn Gentry or Heather Handy to be added to the group chat.

In Person Classes and Activities:

Technology Classes: Call the Senior Center to register for the Technology Classes. We will be learning how to use the tools available on our smart phones and tablets! We have loaner tablets available for those who don't have a smartphone!

Mobile Mammogram Clinic August 10th: We are sponsoring a mobile mammogram clinic at the Pilot Mountain Senior Center. This is for women ages 40+. Please contact Heather Handy at the Pilot Mountain Senior Center (336-368-2012 ext. 203) by Noon on Friday, August 6th to be added to the schedule. Space is limited, so call as soon as possible!

Classic Country Carousel — August 6th, 7th, and 8th: We are looking forward to being entertained by the NoneSuch Playmakers again! Admission is "Pay What You Can" and a portion of the proceeds will benefit the Jones Family Resource Center and Senior Center. Due to the recent surge in Covid-19 cases and in order to protect ourselves and our community, we are asking that all attendees please mask up while in the auditorium.

Cookie Socials - August 20th (in Pilot) and 26th (in Mt. Airy): We are pleased to announce that Priddy Manor is sponsoring another fun social at each of our senior centers. Seating is limited, so call the senior center to register. First come, first served.

Calendar: All activities for Pilot Mountain and Mount Airy are listed on the calendars with the exception of the Mayberry Squares, which meets on the first and third Sunday evenings at 6:00 at the Mount Airy Senior Center.

If you have any questions about our senior center activities or events, please call:

Carolyn Gentry, Mt. Airy ▪ (336) 415-4225

Heather Handy, Pilot Mountain ▪ (336) 368-2012 ext. 203

Information for Services, Referrals & Assistance

Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- Legal Services
- General and Medical Transportation
- Home Repair/Modification
- Medicare Parts A, B and D
- Congregate Meals/Home Delivered Meals
- Disaster Preparedness
- Report Suspected Abuse, Neglect or Exploitation
- Senior Games
- Telephone Reassurance
- Job Training/Placement
- Durable Equipment/Assistive Devices

Services Offered Through Information, Referral and Assistance:

- Housing Assistance
- Reverse Mortgage Counseling
- Home Health Services/In-home Aide Services
- Medicaid Benefits
- Social Security Benefits
- Long-term Care Facilities
- Rehabilitation Services
- Respite
- Energy Assistance
- Food Distribution
- Adult Day Care
- Mental Health
- Hospice Care

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 County.

By Mail: United Fund of Surry County
PO Box 409 ▪ Mount Airy, NC 27030
or visit www.unitedfundofsurry.org



MOUNT AIRY: AUGUST 2021



Mon	Tue	Wed	Thu	Fri
2 10:00 Yoga Lite 11:00 Line Dance w/Jene 11:30 Virtual Facebook Group Chat 1:00 Tech Class 7:00 Shag w/Linda	3 9:00 All day scrapbooking 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 7:00 Ballroom Dance	4 10:00 Tai Chi 1:00 Tech Class 3:00 Quarter Bingo 3:30 Shag w/Linda	5	6 10:00 Tai Chi @ MA Library 11:00 Line Dance w/ Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game 7:00 PM Classic Country Carousel-NoneSuch Playmakers
9 9:00 Yoga w/Heather 10:00 Yoga Lite 11:00 Line Dance w/Jene 11:30 Virtual Facebook Group Chat 1:00 Tech Class 1:30 Scrapbooking 7:00 Shag w/Linda	10 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 3:00 African American Historical and Genealogical Society Meeting 7:00 Ballroom Dance	11 10:00 Tai Chi 1:00 Tech Class 3:00 Quarter Bingo 3:30 Shag w/Linda	12	13 10:00 Tai Chi @ MA Library 11:00 Line Dance w/ Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
16 10:00 Yoga Lite 11:00 Line Dance w/Jene 11:30 Virtual Facebook Group Chat 1:00 Tech Class 1:30 Scrapbooking 7:00 Shag w/Linda	17 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 7:00 Ballroom Dance	18 10:00 Tai Chi 1:00 Tech Class 3:00 Quarter Bingo 3:30 Shag w/Linda	19 11:30 Chapters book club 1:00 Virtual Demonstration Cake in a Mug - Facebook Group Chat—Call the Senior Center to be added to the group chat.	20 10:00 Tai Chi @ MA Library 11:00 Line Dance w/ Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
23 10:00 Yoga Lite 11:00 Line Dance w/Jene 11:30 Virtual Facebook Group Chat 1:00 Tech Class 1:30 Scrapbooking 7:00 Shag w/Linda	24 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 7:00 Ballroom Dance	25 10:00 Tai Chi 1:00 Tech Class 3:00 Prize Bingo 3:30 Shag w/Linda	26 12:00 Cookie Social Sponsored by Priddy Manor (You must call Carolyn to register for this event)	27 10:00 Tai Chi @ MA Library 11:00 Line Dance w/ Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
30 10:00 Yoga Lite 11:00 Line Dance w/Jene 11:30 Virtual Facebook Group Chat 1:00 Tech Class 1:30 Scrapbooking 7:00 Shag w/Linda	31 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 7:00 Ballroom Dance		Saturday, August 7th 7:00 PM Classic Country Carousel NoneSuch Playmakers Sunday, August 8th 2:00 PM Classic Country Carousel NoneSuch Playmakers	Please contact Carolyn Gentry at (336) 415-4225 to register for events or if you would like the zoom links for our virtual activities.

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.

PILOT MOUNTAIN: AUGUST 2021



Mon	Tue	Wed	Thu	Fri
2 11:30 Virtual Facebook Group Chat 12:30 Knitting Group 2:00 Line Dancing with Jene (Aerobics Room)	3 12:00 ROOK Club 2:00 Tech Class	4 11:15 Bingo 1:00 Acrylic Painting \$5	5 2:00 Tech Class	6
9 11:30 Virtual Facebook Group Chat 12:30 Knitting Group 2:00 Line Dancing with Jene (Aerobics Room)	10 12:00 ROOK Club 2:00 Tech Class Mobile Mammogram Clinic 9:00 a.m. to 3:50 p.m.	11 11:15 Bingo 1:00 Acrylic Painting \$5	12 10:30 Vaya Health– Anxiety: Calming the Anxious Mind 2:00 Tech Class	13
16 11:30 Virtual Facebook Group Chat 12:30 Knitting Group 2:00 Line Dancing with Jene (Aerobics Room)	17 12:00 ROOK Club	18 11:15 Bingo 1:00 Acrylic Painting \$5	19 1:00 Virtual Demonstration Cake in a Mug - Facebook Group Chat—Call the Senior Center to be added to the group chat. 2:00 Tech Class	20 1:00 Cookie Social Sponsored by Priddy Manor (You must call Heather to register for this event.)
23 11:30 Virtual Facebook Group Chat 12:30 Knitting Group 2:00 Line Dancing with Jene (Aerobics Room)	24 12:00 ROOK Club 2:00 Tech Class	25 11:15 Bingo 1:00 Acrylic Painting \$5	26 2:00 Tech Class	27
30 11:30 Virtual Facebook Group Chat 12:30 Knitting Group 2:00 Line Dancing with Jene (Aerobics Room)	31 12:00 ROOK Club 2:00 Tech Class			Please contact Heather Handy at (336) 368-0175 ext. 203 to register for events or if you would like the zoom links for our virtual activities.

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