



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 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.

If you are sick, please stay home until you are well!

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.

Virtual and In Person Events:

October 7th—Understanding your electric pressure cooker
October 14th—Fall Pumpkin Craft
Contact Carolyn to register for these.

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!

Cooking for Fun: We have partnered with Mt. Airy City Schools to offer this fun class with recipe demonstrations. Series of 4 classes each month. October class is full, so call to register if you'd like to attend in November!

Chrismon Class at Pilot Mountain -Registration Required.

\$5 per class plus the cost of each Kit.

October 4th- Latin Cross with gold tips- Kit is \$9.00
October 11th - Latin Cross with pearl tips- Kit is \$10.00
October 18th- Small Bell- Kit \$10.00
October 25th- Small Angel- Kit \$10.00

Participants will need to bring small Wire cutters, small needle nose pliers, a ruler and a colored hand towel to class.

October 26th at 1pm: Chili in the Park at the Armfield picnic shelter. Must register with Heather Handy. If it rains it will be a drive-thru, pick up event. Donations will be accepted and appreciated.

Calendar: Yoga with Heather will be on the 3rd Monday instead of the usual 2nd Monday. All activities for Pilot Mountain and Mount Airy are listed on the calendars with the exception of the Mayberry Squares, which will meet Sunday, October 24th 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: OCT. 2021



| Mon | Tue | Wed | Thu | Fri |
|---|--|--|--|--|
| | <p>Please contact Carolyn Gentry at (336) 415-4225 to register for events or if you would like the zoom links for our virtual activities.</p> | | | <p>1 10:00 Android Tech Class 10:00 Tai Chi @ MA Library 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p> |
| <p>4 9:30 Multi-Media Art Class with Andrea Morrison \$ 10:00 Yoga Lite 11:30 Virtual Facebook Group Chat</p> | <p>5 9:00 Paint with Phyllis \$2 9:00 All Day Scrapbooking 1:00 Busy Fingers Crochet</p> | <p>6 10:00 Tai Chi 3:00 Quarter Bingo 4:00 Cooking for Fun (you must register in advance for this class!)</p> | <p>7 11:00 New Way with ECA Understanding your electric pressure cooker. Virtual and in person class! Contact the senior center to register.</p> | <p>8 10:00 Android Tech Class 10:00 Tai Chi @ JFRC 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p> |
| <p>11 9:30 Multi-Media Art Class with Andrea Morrison \$ 10:00 Yoga Lite 11:30 Virtual Facebook Group Chat 1:30 Scrapbooking</p> | <p>12 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 3:00 African American His- torical and Genealogical Society Meeting</p> | <p>13 10:00 Tai Chi 3:00 Quarter Bingo 3:30 Shag w/Linda 4:00 Cooking for Fun (you must register in advance for this class!)</p> | <p>14 1:00 Fall Pumpkin Craft— Virtual and in person Space is limited. Call the senior center to register.</p> | <p>15 10:00 Android Tech Class 10:00 Tai Chi @ MA Library 11:00 Line Dance w/ Blanche 1:00 Writers' Club 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p> |
| <p>18 9:00 Yoga with Heather 9:30 Multi-Media Art Class with Andrea Morrison \$ 10:00 Yoga Lite 11:00 Line Dance w/Jene 11:30 Virtual Facebook Group Chat 1:30 Scrapbooking</p> | <p>19 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet</p> | <p>20 10:00 Tai Chi 3:00 Quarter Bingo 3:30 Shag w/Linda 4:00 Cooking for Fun (you must register in advance for this class!)</p> | <p>21 11:30 Chapters book club</p> | <p>22 10:00 Android Tech Class 10:00 Tai Chi @ MA Library 11:00 Line Dance w/ Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p> |
| <p>25 9:30 Multi-Media Art Class with Andrea Morrison \$ 10:00 Yoga Lite 11:00 Line Dance w/Jene 11:30 Virtual Facebook Group Chat 1:30 Scrapbooking</p> | <p>26 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet</p> | <p>27 10:00 Tai Chi 3:00 Prize Bingo 3:30 Shag w/Linda 4:00 Cooking for Fun (you must register in advance for this class!)</p> | <p>28</p> | <p>29 10:00 Android Tech Class 10:00 Tai Chi @ MA Library 11:00 Line Dance w/ Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p> |

Mission Statement: To improve and maintain independent wellness for the senior community through advocacy, nutrition, vol-
unteerism and vigorous programming to promote healthy minds, bodies and spirits.

PILOT MOUNTAIN: OCT. 2021



| Mon | Tue | Wed | Thu | Fri |
|---|--|---|--|---|
| | <p>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.</p> | | | <p>1 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p> |
| <p>4 11:30 Virtual Facebook Group Chat 10:30 Water Aerobics with Ann 12:30 Knitting Group 12:30 Quilting Group 3:00 Chrismon Craft \$</p> | <p>5</p> | <p>6 10:30 Water Aerobics with Ann 11:15 Bingo 1:00 Acrylic Painting \$5</p> | <p>7 9:30-11:00 Congregate Members Meal & Packet Pick up 11:00 New Way with ECA - Understanding your electric pressure cooker. Virtual and in person class! Contact the senior center to register. 1:30 Android Tech Class</p> | <p>8 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p> |
| <p>11 11:30 Virtual Facebook Group Chat 10:30 Water Aerobics with Ann 12:30 Knitting Group 12:30 Quilting Group 3:00 Chrismon Craft \$</p> | <p>12</p> | <p>13 10:30 Water Aerobics with Ann 11:15 Bingo 1:00 Acrylic Painting \$5</p> | <p>14 9:30-11:00 Congregate Members Meal & Packet Pick up 10:30 Vaya Health– Schizophrenia: Psychosis: Can this be Real? 1:30 Android Tech Class</p> | <p>15 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p> |
| <p>18 11:30 Virtual Facebook Group Chat 10:30 Water Aerobics with Ann 12:30 Knitting Group 12:30 Quilting Group 2:00 Line Dancing with Jene (Aerobics Room) 3:00 Chrismon Craft \$</p> | <p>19</p> | <p>20 10:30 Water Aerobics with Ann 11:15 Bingo 1:00 Acrylic Painting \$5</p> | <p>21 9:30-11:00 Congregate Members Meal & Packet Pick up 11:00 Diane's Book Club 1:30 Android Tech Class</p> | <p>22 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p> |
| <p>25 11:30 Virtual Facebook Group Chat 10:30 Water Aerobics with Ann 12:30 Knitting Group 12:30 Quilting Group 2:00 Line Dancing with Jene (Aerobics Room) 3:00 Chrismon Craft \$</p> | <p>26 1:00 Chili in the Park</p> | <p>27 10:30 Water Aerobics with Ann 11:15 Bingo 1:00 Acrylic Painting \$5</p> | <p>28 9:30-11:00 Congregate Members Meal & Packet Pick up 1:30 Android Tech Class</p> | <p>29 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p> |

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