



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 2021

Important Announcements

We will continue to provide Meals on Wheels to the homebound and pick-up meals for registered congregante 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 to be held in Mt. Airy:

November 4th at 11:00 - Healthy Holiday in the Kitchen

November 18th at 1:00 - Christmas Craft

These classes are offered in person and over Zoom. Please call the senior center to register or to get the Zoom information.

In Person Classes and Activities:

November 9th at 12:00 - Kurt Van Drie of The Mantle Agency, will be presenting and sharing information about Medicare Solutions that his business offers. He will return the following week for individual appointments.

Technology Class: Nov. 30th at 3:00. Using Zoom to connect with others. Please bring your smartphone or tablet if you have one. Call Carolyn to register in advance.

Chrismon Class at Pilot Mountain - Registration Required. \$5 per class plus the cost of each kit.

November 1st - 6 Point Star Kit is \$10.00

November 8th - God is love Kit is \$12.00

November 15th - Small 3D Bell Kit is \$15.00

November 29th - Small 3D Angel Kit is \$15.00

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

Crafting with Ann and Linda at Pilot Mountain - Registration Required.

Metal Flower Craft. The class is free however contributions toward craft supplies are accepted and appreciated. Call Heather to register in advance.

Diane's Book Club - A selection of books are available for check out from Charles H. Stone Library. Stop by Pilot Mountain Senior Center or call Heather for available book list.

Upcoming Event: December 3rd - Reindeer Hop - Tickets must be purchased in advance and will be available soon! Save the date!

Medicare Open Enrollment Period is Oct. 15th - Dec. 7th. Call (336) 401-8025 to schedule a one-on-one session with a SHIP counselor. (Seniors' Health Insurance Information Program)

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 1st and 3rd Sundays at 6:00 PM at the Mount Airy Senior Center.

This month's HOLIDAY CLOSINGS

Veterans Day - November 11

Thanksgiving - November 25 & 26

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: NOV. 2021



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9:30 Multi-Media Art Class \$</p> <p>10:00 Yoga Lite</p> <p>11:00 Line Dance w/Jene</p> <p>11:30 Facebook Group Chat</p> <p>7:00 Shag w/Linda</p>	<p>2</p> <p>9:00 Paint with Phyllis \$2</p> <p>9:00 All Day Scrapbooking</p> <p>1:00 Busy Fingers Crochet</p>	<p>3</p> <p>10:00 Tai Chi</p> <p>3:00 Quarter Bingo w/Carmen Long</p> <p>3:30 Shag w/Linda</p> <p>4:00 Cooking for Fun—class will meet at Mt. Airy High School</p>	<p>4</p> <p>11:00 New Way with ECA—Healthy Holiday in the Kitchen Virtual and in-person class. Please contact the senior center if you have questions about how to zoom at home.</p>	<p>5</p> <p>10:00 Tai Chi @ MA Library</p> <p>11:00 Line Dance w/Blanche</p> <p>3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>8</p> <p>9:00 Yoga w/Heather</p> <p>9:30 Multi-Media Art Class \$</p> <p>10:00 Yoga Lite</p> <p>11:00 Line Dance w/Jene</p> <p>11:30 Facebook Group Chat</p> <p>1:30 Scrapbooking</p> <p>7:00 Shag w/Linda</p>	<p>9</p> <p>9:00 Paint with Phyllis \$2</p> <p>12:00 Medicare Solutions Presentation - Kurt Van Drie</p> <p>1:00 Busy Fingers Crochet</p> <p>3:00 African American Historical and Genealogical Society Meeting</p>	<p>10</p> <p>10:00 Tai Chi</p> <p>3:00 Quarter Bingo</p> <p>3:30 Shag w/Linda</p>	<p>11</p> <p>CLOSED</p> <div style="text-align: center;">  </div>	<p>12</p> <p>10:00 Tai Chi @ MA Library</p> <p>11:00 Line Dance w/Blanche</p> <p>3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>15</p> <p>9:30 Multi-Media Art Class \$</p> <p>10:00 Yoga Lite</p> <p>11:00 Line Dance w/Jene</p> <p>11:30 Facebook Group Chat</p> <p>1:30 Scrapbooking</p> <p>7:00 Shag w/Linda</p>	<p>16</p> <p>9:00 Paint with Phyllis \$2</p> <p>12:00 Medicare Solutions drop-in appointments - Kurt Van Drie</p> <p>1:00 Busy Fingers Crochet</p>	<p>17</p> <p>10:00 Tai Chi</p> <p>3:00 Quarter Bingo</p> <p>3:30 Shag w/Linda</p>	<p>18</p> <p>11:30 Chapters Book Club</p> <p>1:00 Christmas Ornament Craft—Virtual and In-Person. Space is limited. Call the Senior Center to register!</p>	<p>19</p> <p>10:00 Tai Chi @ MA Library</p> <p>11:00 Line Dance w/Blanche</p> <p>1:00 Writers' Club</p> <p>3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>22</p> <p>9:30 Multi-Media Art Class \$</p> <p>10:00 Yoga Lite</p> <p>11:00 Line Dance w/Jene</p> <p>11:30 Facebook Group Chat</p> <p>1:30 Scrapbooking</p> <p>7:00 Shag w/Linda</p>	<p>23</p> <p>9:00 Paint with Phyllis \$2</p> <p>1:00 Busy Fingers Crochet</p> <p>3:00 Prize Bingo</p>	<p>24</p> <p>10:00 Tai Chi</p> <p>3:30 Shag w/Linda</p>	<p>25</p> <p>CLOSED</p> <div style="text-align: center;">  </div>	<p>26</p> <p>CLOSED</p>
<p>29</p> <p>9:30 Multi-Media Art Class \$</p> <p>10:00 Yoga Lite</p> <p>11:00 Line Dance w/Jene</p> <p>11:30 Facebook Group Chat</p> <p>1:30 Scrapbooking</p> <p>7:00 Shag w/Linda</p>	<p>30</p> <p>9:00 Paint with Phyllis \$2</p> <p>1:00 Busy Fingers Crochet</p> <p>3:00 Technology Class—Using Zoom to connect with others (you must register in advance for this class!)</p>		<div style="text-align: center;">  </div>	<p style="text-align: center;">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>

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: NOV. 2021



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>11:30 Virtual Facebook Group Chat</p> <p>10:30 Water Aerobics with Ann</p> <p>12:30 Knitting Group</p> <p>12:30 Quilting Group</p> <p>3:00 Chrismon Craft \$</p>	<p>2</p> <p>2:00 Cardio Drumming</p>	<p>3</p> <p>10:30 Water Aerobics with Ann</p> <p>11:15 Bingo</p> <p>12:00 Tap Dancing with Cathy (Aerobics Room)</p> <p>1:00 Acrylic Painting \$5</p>	<p>4</p> <p>10-11:30 Congregate Members Meal & Packet Pick up</p> <p>10:30 Vaya Health- Overcoming Communication Barriers and Emotion</p>	<p>5</p> <p>3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/ game</p>
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