



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 2022

Important Announcements

On Monday, March 7th, we will begin to hold in person classes and activities. We would like to remind everyone that the posted safety guidelines must be followed for in-person activities. This includes the proper wearing of masks.

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

Virtual Classes and Activities:

Monday Morning Check-In: Facebook Group Chat - Mondays at 11:30 AM
Contact Carolyn Gentry to be added to the group chat.

Take Control Class: There are only 2 sessions left, however, recordings of the previous sessions are available.

Craft Class: March 17th at 2:00 PM. A Spring craft is in the works. Watch our Facebook page for further details. Cost will be minimal. This class will be offered both in person and virtually. Please contact the senior center to register. Supplies are limited.

In Person Activities and Classes

VAYA Health Presentation: March 8th at 1:00 PM- Enhancing Mental Health with Alternative Treatments

Technology Class: March 24th at 2:00 PM. Using smartphone or tablet apps to become better organized. Please call the senior center to register for the class.

VITA (Volunteer Income Tax Assistance) appointments are still being scheduled but are filling up fast! Please call the senior center to schedule an appointment if your income is \$58,000 or less, and you need help getting your taxes done.

YVEDDI Meals on the Run—5k/10k March 26th—Help raise funds for YVEDDI Meals on Wheels in Surry County! Register by March 11th to save \$5.00 and get a race T-Shirt! Come race (or walk) with me! Online registration - www.itsyourrace.com

If you have any questions, or if you would like to be added to our Newsletter email list, please call Carolyn Gentry at (336) 415-4225.

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



United Fund of Surry

MARCH 2022



Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>10:30 Take Control Class - Contact the senior center for the zoom link</p>	<p>2</p> <p>10:00 Tai Chi @ MA Library</p> <p>2:30 Zoom Check-In</p> <p>3:00 Zoom Bingo—call the senior center to get the Zoom link</p>	<p>3</p> <p>11:00 At Home with ECA—Decluttering your space and mind.</p>	<p>4</p> <p>10:00 Tai Chi @ MA Library</p> <p>3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
	<p>7</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>8</p> <p>9:00 Paint with Phyllis \$2</p> <p>10:30 Take Control Class</p> <p>1:00 Busy Fingers Crochet</p> <p>1:00 VAYA Health presentation</p> <p>3:00 African American Historical and Genealogical Society Meeting</p>	<p>9</p> <p>10:00 Tai Chi @ MA Library</p> <p>3:00 Quarter Bingo</p> <p>3:30 Shag w/Linda</p>	<p>10</p>
<p>14</p> <p>9:00 Yoga w/Heather</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>15</p> <p>9:00 Paint with Phyllis \$2</p> <p>1:00 Busy Fingers Crochet</p>	<p>16</p> <p>10:00 Tai Chi @ MA Library</p> <p>3:00 Quarter Bingo</p> <p>3:30 Shag w/Linda</p>	<p>17</p> <p>11:30 Chapters Book Club</p> <p>2:00 Spring Craft—Virtual and in person.</p>	<p>18</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>21</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>22</p> <p>9:00 Paint with Phyllis \$2</p> <p>1:00 Busy Fingers Crochet</p>	<p>23</p> <p>10:00 Tai Chi @ MA Library</p> <p>3:00 Quarter Bingo</p> <p>3:30 Shag w/Linda</p>	<p>24</p> <p>9:00 Virtual Legal Presentation on Guardianship by Sharon Lowe—Call the senior center to get Zoom link.</p> <p>2:00 Technology class - using smartphone or tablet apps</p>	<p>25</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>28</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>29</p> <p>9:00 Paint with Phyllis \$2</p> <p>1:00 Busy Fingers Crochet</p>	<p>30</p> <p>10:00 Tai Chi @ MA Library</p> <p>3:00 Prize Bingo</p> <p>3:30 Shag w/Linda</p>	<p>31</p>	<p>Please contact</p> <p>Carolyn Gentry at</p> <p>(336) 415-4225</p> <p>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.

Carolyn Gentry, Surry County Senior Center Manager - (336) 415-4225