



# SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

April 2022

## Important Announcements

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

**Masks are required for in person classes and activities.**

### 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.

### Virtual and In Person Events:

**ECA Class:** April 7th at 11:00 AM: Financial Literacy

Join us as we learn the importance of creating and maintaining a budget. Contact the senior center to register for the in person class or to get the registration link for the zoom information.

**Craft Class:** April 26th at 2:00 PM: This class will be offered both in person and virtually. Follow our Facebook page for further details. Please contact the senior center to register. Supplies are limited.

### In Person Activities and Classes

**VAYA Health Presentation:** April 12th at 1:00 PM (2 classes)

1. Bipolar Extreme Mood Variation: Is there Stability
2. Keeping the Balance: Mood Stabilizing Medications

**Technology Class:** April 21st at 3:00 PM

Sharing your location on your smartphone or tablet. Please call the senior center to register for this class.

**Mayberry Squares** meets on the first and third Sunday evenings at 6:00 PM at the Mount Airy Senior Center.

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.

Our **VITA tax preparation** season will wrap up the first week of this month. As of the 1st of this month, we have just a few spots open. Please call as soon as possible if you need an appointment to get your taxes done for free!

**Happy Easter!**

### 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](http://www.unitedfundofsurry.org)



# APRIL 2022



Mon	Tue	Wed	Thu	Fri
	<p>Please contact <b>Carolyn Gentry at</b> <b>(336) 415-4225</b> to register for events or if you would like the zoom links for our virtual activities</p>			<p>1 <b>10:00</b> Tai Chi @ MA Library <b>11:00</b> Line Dance w/Blanche <b>3:00</b> Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>4 <b>10:00</b> Yoga Lite <b>11:00</b> Line Dance w/Jene <b>11:30</b> Facebook Group Chat <b>7:00</b> Shag w/Linda</p>	<p>5 <b>9:00</b> All Day Scrapbooking <b>9:00</b> Paint with Phyllis \$2 <b>1:00</b> Busy Fingers Crochet <b>1:00</b> Making cards for Hospice</p>	<p>6 <b>10:00</b> Tai Chi @ MA Library <b>3:00</b> Quarter Bingo <b>3:30</b> Shag w/Linda</p>	<p>7 <b>11:00</b> ECA class-Financial Literacy. Virtual and in Person</p>	<p>8 <b>10:00</b> Tai Chi @ MA Library <b>11:00</b> Line Dance w/Blanche <b>3:00</b> Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>11 <b>9:00</b> Yoga w/Heather <b>10:00</b> Yoga Lite <b>11:00</b> Line Dance w/Jene <b>11:30</b> Facebook Group Chat <b>1:30</b> Scrapbooking <b>7:00</b> Shag w/Linda</p>	<p>12 <b>9:00</b> Paint with Phyllis \$2 <b>1:00</b> Busy Fingers Crochet <b>1:00</b> VAYA Health presentation <b>3:00</b> African American His- torical and Genealogical Society Meeting</p>	<p>13 <b>10:00</b> Tai Chi @ MA Library <b>3:00</b> Quarter Bingo <b>3:30</b> Shag w/Linda</p>	<p>14</p>	<p>15 <b>Closed</b></p>
<p>18 <b>10:00</b> Yoga Lite <b>11:00</b> Line Dance w/Jene <b>11:30</b> Facebook Group Chat <b>1:30</b> Scrapbooking <b>7:00</b> Shag w/Linda</p>	<p>19 <b>9:00</b> Paint with Phyllis \$2 <b>1:00</b> Busy Fingers Crochet</p>	<p>20 <b>10:00</b> Tai Chi @ MA Library <b>3:00</b> Quarter Bingo <b>3:30</b> Shag w/Linda</p>	<p>21 <b>11:30</b> Chapters Book Club at the MA Library <b>3:00</b> Technology class - location sharing for seniors</p>	<p>22 <b>10:00</b> Tai Chi @ MA Library <b>11:00</b> Line Dance w/Blanche <b>11:30</b> Writers' Group <b>3:00</b> Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>25 <b>10:00</b> Yoga Lite <b>11:00</b> Line Dance w/Jene <b>11:30</b> Facebook Group Chat <b>1:30</b> Scrapbooking <b>7:00</b> Shag w/Linda</p>	<p>26 <b>9:00</b> Paint with Phyllis \$2 <b>1:00</b> Busy Fingers Crochet <b>2:00</b> Spring Craft—Virtual and in person. \$</p>	<p>27 <b>10:00</b> Tai Chi @ MA Library <b>3:00</b> Prize Bingo <b>3:30</b> Shag w/Linda</p>	<p>28</p>	<p>29 <b>10:00</b> Tai Chi @ MA Library <b>11:00</b> Line Dance w/Blanche <b>3:00</b> Bowling @ Mount Airy Bowling Lanes-\$1.50/game</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.