



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

May 2022

Important Announcements

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.

ECA Class: May 12 at 11:00 AM: Cooking with Herbs.

Contact the senior center to get the registration link for the zoom information.

Virtual and In Person Events:

Craft Class: May 31 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

Garden Workshops: Every Thursday at 10:00 (weather permitting.) Please contact the senior center if you would like to use one of our gardens.

African American Historical and Genealogical Society: May 10th at 4:00 at the Mt. Airy Public Library

VAYA Health Presentation: May 10 at 1:00 PM - 1) Posttraumatic Stress Disorder: Invisible scars. 2) Crisis Prevention: Keeping Your Cool Under Pressure

DHHS equipment sessions: May 12th at 10:30

Genealogy Workshop: Friday, May 13th at 10:00. Class size is limited. Please register for this class.

Ben Currin Concert: May 25th at 2:00.

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

More activities listed on page 2!

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



**Remembering the men and women who died while serving our country.
Happy Memorial Day!**



MAY 2022



Mon	Tue	Wed	Thu	Fri
2 10:00 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	3 9:00 All Day Scrapbooking 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet	4 10:00 Tai Chi @ Senior Center 3:00 Quarter Bingo 3:30 Shag w/Linda	5 10:00 Garden Workshop	6 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
9 9:00 Yoga w/Heather 10:00 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	10 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 1:00 VAYA Health presentation 3:00 Quarter Bingo 4:00 African American Historical and Genealogical Society Meeting @ Library	11 10:00 Tai Chi @ Senior Center 3:30 Shag w/Linda	12 10:00 Garden Workshop 10:30 DHHS Equipment Session 11:00 ECA class-Cooking with Herbs (online only)	13 10:00 Tai Chi @ MA Library 10:00 Genealogy Workshop 11:00 Line Dance w/Blanche 11:30 Writers' Group 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
16 10:00 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	17 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 3:00 Quarter Bingo	18 10:00 Tai Chi @ Senior Center 3:30 Shag w/Linda	19 10:00 Garden Workshop 11:30 Chapters Book Club at the MA Library	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 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	24 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 3:00 Prize Bingo with United Health Care	25 10:00 Tai Chi @ Senior Center 2:00 Spring Concert with Ben Currin 3:30 Shag w/Linda	26 10:00 Garden Workshop	27 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
30 CLOSED Memorial Day	31 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 2:00 Craft Activity—Virtual and in person. \$			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.

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