



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

June 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: June 2nd at 11:00 AM.

Contact the senior center to learn about these classes.

Virtual and In Person Events:

Craft Class: June 21st at 2:00 PM 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

Garden Workshops: Thursdays at 10:00 (weather permitting.) Please contact the senior center for details if you would like to attend these workshops.

DHHS equipment sessions: June 9th at 10:30 AM

VAYA Health Presentations: June 14th at 1:00 PM –1) Anxiety: Calming the Anxious Mind, 2) Coping with Anxiety: Medications and More

African American Historical and Genealogical Society: June 14th at 4:00 at the Mt. Airy Public Library

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

See page 2 for more activities!

Please follow us on Facebook!

<https://www.facebook.com/SurrySeniorCenter>

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.

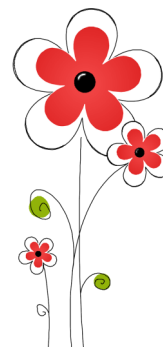
Information for Services, Referrals & Assistance

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



JUNE 2022



Mon	Tue	Wed	Thu	Fri
		1 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	2 Senior Games Silver Arts Day at the Yadkin Cultural Arts Center—Call the senior center for details. 11:00 ECA class-	3 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
6 10:00 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	7 9:00 Paint with Phyllis \$2 9:00 All Day Scrapbooking 1:00 Busy Fingers Crochet	8 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo	9 10:30 DHHS Equipment Session	10 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
13 10:00 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	14 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 1:00 VAYA Health presentation 4:00 African American Historical and Genealogical Society Meeting @ Library	15 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	16 10:00 Genealogy Workshop 11:30 Chapters Book Club at the MA Library	17 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Writers' Group 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
20 10:00 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	21 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 2:00 Craft Activity—Virtual and in person.	22 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	23	24 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
27 10:00 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	28 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet	29 10:00 Tai Chi @ Senior Center 2:00 Prize Bingo with United Health Care 3:30 Shag w/Linda	30	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.