



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

August 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 (Extension and Community Association) Class: August 4 at 11:00 AM.

At Home with ECA: What's For Lunch? Learn easy tips to prep, pack and enjoy safe, delicious, and nutritious meals. Contact the senior center to get the registration link.

This will also be shown at the senior center. Please call to register.

Virtual and In-Person Events:

Craft Class: August 23rd - 2:00 PM This class will be offered both in person & virtually. Please contact the senior center to register. Supplies are limited.

In Person Activities and Classes

VAYA Health Presentations: August 9th at 1:00 PM - 1) Commonly Misused Medications: Understanding Medication Side Effects on the Aging Brain 2) Substance Use, Misuse and the Opioid Crisis

African American Historical and Genealogical Society: August 9th at 4:00 PM at the Jones Family Resource Center

DSDHH (Division of Services for the Deaf and Hard of Hearing) equipment sessions: August 11th at 10:30 AM

DSDHH Presentation: August 30th at 2:00 PM - How technology can be used to assist those who struggle with hearing loss to improve communication.

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

Drop-in Activities: Sunshine Seed Library - Daily

See page 2 for more activities!

Please "Like" us on Facebook!

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

If you have any questions about any of these activities, 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

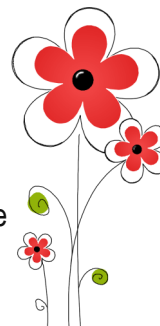
Services Offered Through Information, Referral and Assistance:

- 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



AUGUST 2022



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>2</p> <p>9:00 Paint with Phyllis \$2 9:00 All Day Scrapbooking 1:00 Busy Fingers Crochet</p>	<p>3</p> <p>10:00 Tai Chi @ Senior Center 3:30 Shag w/Linda</p>	<p>4</p> <p>11:00 At Home With ECA Join at home or here at the senior center over Zoom! 2:00 Quarter Bingo</p>	<p>5</p> <p>10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>8</p> <p>9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda</p>	<p>9</p> <p>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</p>	<p>10</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>11</p> <p>10:30 DSDHH Equipment Session 11:30 Chapters Book Club at the MA Library</p>	<p>12</p> <p>10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>15</p> <p>9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda</p>	<p>16</p> <p>9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet</p>	<p>17</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>18</p>	<p>19</p> <p>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</p>
<p>22</p> <p>9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda</p>	<p>23</p> <p>9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 2:00 Craft Class—Please Register in advance</p>	<p>24</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>25</p> <p>10:00 Genealogy Workshop 3:00 Fall Gardening Workshop</p>	<p>26</p> <p>10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>29</p> <p>9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda</p>	<p>30</p> <p>9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 2:00 DSDHHS—Presentation</p>	<p>31</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>		<p>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.

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