



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 2022

Important Announcements

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

Oct. 6th at 11 AM: ECA Eating the Mediterranean Way! Join at home over Zoom! Contact the senior center for registration information

Virtual and In-Person Events:

Oct. 18th at 2:00 PM: Halloween Lantern Craft Class: This class will be offered both in person & virtually. Cost is \$1.25 per lantern. Please register and pay by October 14th.

In Person Activities and Classes

Oct. 11th at 1:00 PM: VAYA Health Trainings: Class 1: Schizophrenia and Psychosis: Can This be Real? — Class 2: The Many Faces of Antipsychotic Medications

Oct. 11 at 4:00 PM: African American Historical and Genealogical Society

Oct. 12th at 1:30 PM: Blood Pressure Checks by Mountain Valley Hospice

Oct. 25 at 2:00 PM: Gardening Workshop. Join us in making Pinecone bird feeders as Master Gardener, Robin Portis teaches how to care for birds for the winter months. Registration required.

Mayberry Squares meets on the first and third Sundays at 6:00 PM

Drop-in Activities: Sunshine Seed Library, Books, Games, Cards, Puzzles, DVD/Puzzle/Book Swap!

See page 2 for more activities!

NoneSuch Playmakers Play — "The Golden Dawn Murders" - October 7, & 8 at 7:00 and October 9, at 2:00. Admission — Pay what you "can".

Kurt Van Drie of the Mantle Agency will be here at the Senior Center on Wednesdays, October 5, 12 and 26th from 2:00 until 4:30, to answer questions you may have concerning your Medicare options. No appointment needed.

We have free COVID tests, while supplies last.

If you are interested in a volunteer opportunity, please call Emily Mauck, Retired Senior and Volunteer Program Manager. 336-415-4247

Please "Like" us on Facebook! <https://www.facebook.com/SurrySeniorCenter>

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
- Congregating 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

OCTOBER 2022



Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>4</p> <p>9:00 All Day Scrapbooking 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet</p>	<p>5</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>6</p> <p>11:00 At Home With ECA— Eating the Mediterranean Way! Join at home over Zoom! Contact the senior center for registration infor- mation</p>	<p>7</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>10</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>11</p> <p>9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 1:00 VAYA Health trainings 4:00 African American Historical and Genealogical Society Meeting</p>	<p>12</p> <p>10:00 Tai Chi @ Senior Center 1:00 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>13</p>	<p>14</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>17</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>18</p> <p>9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 2:00 Halloween Lantern Craft Class - \$1.25. Must register and pay by Friday, October 14th.</p>	<p>19</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>20</p> <p>11:30 Chapters Book Club at the MA Library</p>	<p>21</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>24</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>25</p> <p>9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 2:00 Winter Care for Birds Class</p>	<p>26</p> <p>10:00 Tai Chi @ Senior Center 2:00 Prize Bingo 3:30 Shag w/Linda</p>	<p>27</p>	<p>28</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>31 Halloween</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>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