



# SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 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.

**Nov. 3rd at 11 AM: At Home with ECA:** Surviving the Holidays with diabetes. Join at home over Zoom! Contact the senior center for registration information

### Virtual and In-Person Events:

**November 2nd at 1:30** Scam Info Session w/Thomas Angel from First Community Bank

**Nov. 22 at 2:00 PM: Gnome Ornament Craft Class:** This class will be offered both in person & virtually. Class is FREE to attend. Please register in advance.

### In Person Activities and Classes

**Nov. 8th at 1:00 PM: VAYA Health Trainings:** A Rainbow Of Mental Health: An Introduction, Parts I & 2

**Nov. 9th at 1:30 PM: Blood Pressure Checks** by Mountain Valley Hospice

**Nov. 15th 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:** Books, Games, Cards, Puzzles, DVD/Puzzle/Book Swap!

**See page 2 for more activities!**

**Kurt Van Drie of the Mantle Agency** will be here at the Senior Center on Wednesdays, November 9th, 16th, 23rd, and 30th from 2:00 until 4:30, to answer questions you may have concerning your Medicare options. No appointment needed.

Please contact the senior center if you are interested in meeting with a SHIIP representative to receive answers to your questions regarding upcoming Medicare changes and supplemental coverage.

**Arts and Crafts Sale** - Nov. 4th, Noon-5:00 and Nov. 5th 9:00-4:00 (See flyer for details.)

**Fall Boogie Bash** – Dance at the Pilot Mountain senior center, November 17th at 7:00. Admission \$5. Doors open at 6:30. Music provided by Creekside.

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
- 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)



# NOVEMBER 2022



Mon	Tue	Wed	Thu	Fri
	1 <b>9:00</b> All Day Scrapbooking <b>9:00</b> Paint with Phyllis \$2 <b>1:00</b> Busy Fingers Crochet	2 <b>10:00</b> Tai Chi @ Senior Center <b>1:30</b> Scam Information Session <b>2:00</b> Quarter Bingo <b>3:30</b> Shag w/Linda	3 <b>11:00</b> At Home With ECA— Surviving the Holidays with Diabetes. Join at home over Zoom!	4 <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 <b>12:00—5:00</b> Arts and Crafts Sale (Saturday hours: 9-4)
7 <b>9:45</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	8 <b>9:00</b> Paint with Phyllis \$2 <b>1:00</b> Busy Fingers Crochet <b>1:00</b> VAYA Health trainings <b>4:00</b> African American Historical and Genealogical Society Meeting	9 <b>10:00</b> Tai Chi @ Senior Center <b>1:30</b> Blood Pressure Checks <b>2:00</b> Quarter Bingo <b>3:30</b> Shag w/Linda	10 	11 <b>CLOSED</b> 
14 <b>9:45</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	15 <b>9:00</b> Paint with Phyllis \$2 <b>1:00</b> Busy Fingers Crochet <b>2:00</b> Garden Workshop Winter Care for Birds Class	16 <b>10:00</b> Tai Chi @ Senior Center <b>2:00</b> Quarter Bingo <b>3:30</b> Shag w/Linda	17 <b>11:30</b> Chapters Book Club at the MA Library <b>7:00</b> Fall Boogie Bash at the Pilot Mtn. Senior Cen- ter Admission \$5	18 <b>10:00</b> Tai Chi @ MA Library <b>11:00</b> Line Dance w/Blanche <b>1:00</b> Writers' Group <b>3:00</b> Bowling @ Mount Airy Bowling Lanes-\$1.50/game
21 <b>9:45</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	22 <b>9:00</b> Paint with Phyllis \$2 <b>1:00</b> Busy Fingers Crochet <b>2:00</b> Craft Class—Gnome ornament	23 <b>10:00</b> Tai Chi @ Senior Center <b>2:00</b> Quarter Bingo <b>3:30</b> Shag w/Linda	24 <b>CLOSED</b> 	25 <b>CLOSED</b>
28 <b>9:45</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	29 <b>9:00</b> Paint with Phyllis \$2 <b>1:00</b> Busy Fingers Crochet	30 <b>10:00</b> Tai Chi @ Senior Center <b>2:00</b> Prize Bingo <b>3:30</b> Shag w/Linda		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

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