



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2023

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.

Jan. 5th at 11:00 AM, Extension At Home: A body in Motion. Learn how to keep your body moving whether at home or at a fitness facility. Join at home over Zoom! Contact the senior center for registration information.

Virtual and In-Person Events:

January 31 at 2:00 PM, Craft Class: For our craft class, we will be making fringed fleece lap blankets. The class will be offered both in person & virtually. Class is FREE to attend.

Supplies are limited and registration is required.

In Person Activities and Classes

January 10th at 2:00 PM: VAYA Health Trainings: Enriching Mental Health with Complimentary Treatments Parts 1 & 2

January 11th at 1:30 PM: Blood Pressure Checks by Mountain Valley Hospice

January 24th at 2:00 PM: Gardening Workshop. Join us as Master Gardener, Robin Portis teaches us about Winter sewing. Registration is Required. Contact Carolyn for more information. (336) 415-4225

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

See page 2 for more activities!

In the event of inclement weather, the Surry County Senior Center typically follows the Surry County School System.

VITA Tax Preparation — We are partnering with the IRS and Mount Airy Public Library to offer tax preparation for those who generally make \$60,000 or less. To schedule an appointment please call the senior center after January 3rd.

- 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 at (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



JANUARY 2023



Mon	Tue	Wed	Thu	Fri
2 CLOSED Happy New Year!	3 9:00 Painting Class 9:00 All Day Scrapbooking 1:00 Busy Fingers Crochet	4 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	5 11:00 Extension At Home — A Body in Motion (Join at home over Zoom. Contact the senior center to get reg- istration information.	6 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
9 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	10 9:00 Painting Class 1:00 Busy Fingers Crochet 2:00 VAYA Health trainings 4:00 African American Historical and Genealogical Society Meeting	11 10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda	12	13 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
16 CLOSED MLK Day	17 9:00 Painting Class 1:00 Busy Fingers Crochet	18 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	19 11:30 Chapters Book Club at the MA Library	20 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
23 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	24 9:00 Painting Class 1:00 Busy Fingers Crochet 2:00 Gardening Workshop	25 10:00 Tai Chi @ Senior Center 2:00 Prize Bingo 3:30 Shag w/Linda	26	27 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
30 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	31 9:00 Painting Class 1:00 Busy Fingers Crochet 2:00 Craft Class—fleece lap blankets			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