



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 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.

Feb. 2nd at 11:00 AM, Extension At Home: Controlling Pesky Pantry Pests. Join at home over Zoom! Contact the senior center for registration information.

Virtual and In-Person Events:

Feb. 7th at 2:00 PM, Craft Class: Valentine Craft

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

Feb. 14th at 2:00 PM: VAYA Health Trainings: Depression: From Surviving to Thriving, and Antidepressants: Not Just for Depression

Feb. 22 at 1:30 PM: Blood Pressure Checks by Mountain Valley Hospice

Feb. 21st at 2:00 PM: Gardening Workshop. Fun with Fairy Gardens. Instructor, Robin Portis, Master Gardener. Registration is Required. More details to come.

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

See page 2 for more activities!

Meals on the Run—Fundraiser for Meals on Wheels (Surry County)

Please consider participating in this opportunity to support our homebound seniors! Call the senior center to get more information!

VITA Tax Preparation — We are partnering with the IRS, the Mount Airy Public Library and YVEDDI RSVP to offer free tax preparation for those who generally make \$60,000 or less. To schedule an appointment please call the senior center at 336-415-4225.

- 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.

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

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



FEBRUARY 2023



Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>2</p> <p>11:00 Extension At Home — Controlling Pesky Pantry Pests (Join at home over Zoom.) Contact the senior center to get registration information.</p>	<p>3</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>6</p> <p>9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>7</p> <p>9:00 Painting Class 9:00 All Day Scrapbooking 1:00 Busy Fingers Crochet 2:00 Craft Class—Valentine Craft 6:00 African American Historical and Genealogical Society</p>	<p>8</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>9</p>	<p>10</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>13</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>14</p> <p>9:00 Painting Class 1:00 Busy Fingers Crochet 2:00 VAYA Health trainings</p> 	<p>15</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>16</p> <p>11:30 Chapters Book Club at the MA Library</p>	<p>17</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>20</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>21</p> <p>9:00 Painting Class 1:00 Busy Fingers Crochet 2:00 Gardening Workshop Fun with Fairy Gardens</p>	<p>22</p> <p>10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Prize Bingo 3:30 Shag w/Linda</p>	<p>23</p>	<p>24</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>27</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>28</p> <p>9:00 Painting Class 1:00 Busy Fingers Crochet</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