



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

April 2023

Important Announcements

CONGREGATE MEAL SITE REOPENING:

We will be reopening the congregate meal site for in-person dining on Friday, May 12. Beginning May 12, meals will be served daily, Monday through Friday, at 11:30 AM to registered Congregate Clients. Congregate meal pick-up will end on Thursday, May 11 and will no longer be allowed due to the expiration of the Federal Major Disaster Declaration.

We will continue to provide Meals on Wheels to the homebound.

Please note that the Senior Center will be closed on Friday, April 7th.

Also note that Bingo is canceled for Wednesday, April 19th.

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.

April 6th at 11:00 AM: Extension At Home- Adjusting to a Fixed Income When Circumstances Change. Join at home over Zoom (Contact the senior center for registration information.) Or come watch it with friends here at the senior center! Please call to register.

Virtual and In-Person Events:

April 26th at 1:15 pm: Mother's Day Sing Along with Judy & Willie – Refreshments will be served. The sing along is offered over Zoom for those who would like to watch from home. Please call the senior center to get the Zoom information.

In Person Activities and Classes

April 3rd at 2:00 PM, Craft Class: Easter Wall Hanging Craft sponsored by Parkwood Place

The Craft Class is FREE to attend. Supplies are limited and registration is required.

April 11th at 2:00 PM: VAYA Health Trainings: Understanding Schizophrenia and Psychosis, and Antipsychotics: Indications, Risks and Challenges

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

April 13th United Health Care Over the Counter Catalog Ordering Party. Watch for more details.

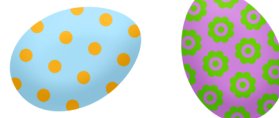
April 18th at 1:00 PM: Gardening Workshop. Grow Your Own Salad Bowl with Robin Portis, Surry Extension Master Gardener. Registration is required. Please call the senior center to register and find out what you need to bring to the class.

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

See page 2 for more activities!

Come by and see us at the Health Fair at Reeves Community Center on Friday, April 21st!

- 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



APRIL 2023



Mon	Tue	Wed	Thu	Fri
<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>				
<p>3 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 2:00 Craft Class 7:00 Shag w/Linda</p>	<p>4 9:00 Painting Class 9:00 All Day Scrapbooking 1:00 Busy Fingers Crochet</p>	<p>5 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>6 11:00 Extension at Home— Adjusting to a Fixed Income When Circumstances Change—watch over Zoom at home or here at the Senior Center</p>	<p>7 CLOSED Happy Easter!</p>
<p>10 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 9:00 Painting Class 1:00 Busy Fingers Crochet 2:00 VAYA Health trainings 6:00 African American Historical and Genealogical Society Meeting</p>	<p>12 10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>13 United Health Care Over the Counter Catalog Ordering Party. Watch for more de- tails.</p>	<p>14 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 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 9:00 Painting Class 1:00 Busy Fingers Crochet 1:00 Garden Workshop— Grow Your Own Salad Bowl</p>	<p>19 No BINGO Today 10:00 Tai Chi @ Senior Center 3:30 Shag w/Linda</p>	<p>20 11:30 Chapters Book Club at the MA Library</p>	<p>21 9:00 Health Fair at Reeves 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 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 9:00 Painting Class 1:00 Busy Fingers Crochet</p>	<p>26 10:00 Tai Chi @ Senior Center 1:15 Mother's Day Sing Along with Judy & Willie 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>27</p>	<p>28 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</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.