



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 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.

March 2nd at 11:00 AM, Extension At Home: Eating Seasonally with Root Vegetables. Join at home over Zoom! Contact the senior center for registration information.

Virtual and In-Person Events:

Spring Sing Along with Judy & Willie – Wednesday, March 1st at 1:00 pm. Refreshments will be served. The sing along is offered over Zoom for those who would like to watch from home.

March 23 at 2:00 PM, Craft Class: Fabric Flowers

The class will be offered both in person & virtually. Class is FREE to attend. Supplies are limited and registration is required.

Easter Sing Along with Judy & Willie – Wednesday, March 22nd at 1:15 pm. Refreshments will be served. The sing along is offered over Zoom for those who would like to watch at home.

In Person Activities and Classes

March 4th at Noon: Black History Month Movie — “Devotion” - Free to the public

March 8th at 1:30 PM: Blood Pressure Checks by Mountain Valley Hospice

March 14th at 2:00 PM: VAYA Health Trainings: 1. Hoarding Disorder: Hidden Secrets and 2. Anxiety: Managing Nervous Energy

March 16th at 1:00 PM: Gardening Workshop. The Surry Extension Master Gardeners will teach us about organic seed starting. Registration is required.

March 17th at 1:00 PM: St. Patrick’s Day Party at the Pilot Mountain Senior Center. Games, Music, and *Light Refreshments*

Friday, March 24th at 9:30 AM NC Senior Tarheel Legislature 30th Anniversary Celebration – at YVEDDI District Office, 533 N. Carolina Avenue, Highway 601 N, Boonville, NC

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) - March 25th.

Please consider participating in this opportunity to support our homebound seniors! For more information, call the senior center.

To register or make a donation visit the website: www.itsyourrace.com

Registrations for Senior Games can be picked up and turned in at the senior center. Please make your check payable to: Yadkin Valley Senior Games.

- 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



MARCH 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>1 10:00 Tai Chi @ Senior Center 1:00 Spring Sing Along with Judy & Willie 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>2 11:00 Extension At Home — Eating Seasonally with Root Vegetables (Join at home over Zoom.) Contact the senior center to get registration information.</p>	<p>3 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 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>7 9:00 Painting Class 9:00 All Day Scrapbooking 1:00 Busy Fingers Crochet</p>	<p>8 10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>9</p>	<p>10 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 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 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>15 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>16 11:30 Chapters Book Club at the MA Library 1:00 Garden Workshop - Organic Seed Starting</p>	<p>17 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Writers' Group 1:00 St. Patrick's Day Party in Pilot Mountain 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>20 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 9:00 Painting Class 1:00 Busy Fingers Crochet</p>	<p>22 10:00 Tai Chi @ Senior Center 1:15 Easter Sing Along with Judy & Willie 2:00 Prize Bingo 3:30 Shag w/Linda</p>	<p>23 2:00 Craft Class - Fabric flowers</p>	<p>24 9:30 NC Senior Tarheel Legislature 30th Anniversary Celebration—Boonville 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 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 9:00 Painting Class 1:00 Busy Fingers Crochet</p>	<p>29 10:00 Tai Chi @ Senior Center 3:30 Shag w/Linda</p>	<p>30</p>	<p>31 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.

Carolyn Gentry, Surry County Senior Center Manager - (336) 415-4225