



# SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

May 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.

Please note that the Senior Center will be closed on Monday, May 29th.

### 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.

**May 4th at 11:00 AM: Extension At Home– Sleep like your life depends on it!** 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:

**May 24th at 1:15 pm: 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

**May 9th at 2:00 PM: VAYA Health Trainings:** Topic 1—Living with Anxiety: Medications that Help Topic 2—Facing Substance Use and Misuse in Your World

**May 10th at 1:30 PM: Blood Pressure Checks** by Mountain Valley Hospice

**May 23rd at 1:00 PM: Gardening Workshop. Berries in a Basket** 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.

**May 30th at 2:00 PM, Craft Class:**

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

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

See page 2 for more activities!

- 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.

Remembering the men and women who died while serving our country.  
Happy Memorial Day!

### 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)



Mon	Tue	Wed	Thu	Fri
1 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	2 9:00 Painting Class 9:00 All Day Scrapbooking 1:00 Busy Fingers Crochet 6:00 African American Historical and Genealogical Society Meeting	3 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	4 11:00 AM: Extension At Home— Sleep like your life depends on it!	5 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
8 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	9 9:00 Painting Class 1:00 Busy Fingers Crochet 2:00 VAYA Health trainings	10 10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda	11	12 <b>Reopening the Congregate Nutrition Site for in-person dining</b> 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
15 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	16 9:00 Painting Class 1:00 Busy Fingers Crochet	17 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	18 11:30 Chapters Book Club at the MA Library	19 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
22 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	23 9:00 Painting Class 1:00 Busy Fingers Crochet 1:00 Garden Workshop— Berries in a Basket—Call to register!	24 10:00 Tai Chi @ Senior Center 1:15 Sing Along with Judy & Willie 2:00 Quarter Bingo 3:30 Shag w/Linda	25	26 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
29 <b>CLOSED</b> <b>Happy Memorial Day!</b>	30 9:00 Painting Class 1:00 Busy Fingers Crochet 2:00 Craft Class	31 10:00 Tai Chi @ Senior Center 2:00 Prize Bingo 3:30 Shag w/Linda	Lunch is served daily at 11:30 a.m. for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more Information.	Please contact <b>Carolyn Gentry at (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.