



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

June 2023

Important Announcements

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.

June 1st at 11:00 AM: Extension At Home—Family Fun Challenge: Ideas to Enjoy this Summer. 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:

June 27th at 1:00 PM, Craft Class: Upstyled Cut-Offs. Class taught by Sandy Brady. Bring your own jeans. Class size is limited. Registration is required. This class is offered over Zoom for those who prefer to watch from home. Please call the center to get the Zoom information.

June 28 at 1:15 pm: Father'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

June 6th at 1:00 PM: Gardening Workshop. Backyard Butterflies with Robin Portis, Surry Extension Master Gardener. Class size is limited. Registration is required. Please call the senior center to register and find out what you need to bring to the class.

June 13th at 2:00 PM: VAYA Health Trainings: Topic 1—OCD: Thought-Behavior Cycle. Topic 2—PTSD: Healing the Emotional Wound

June 16th at 2:00 PM: Welcome to Medicare Seminar: If you are approaching 65 in the near future you NEED to come to this class and get this information!

June 21st at 1:30 PM: Blood Pressure Checks by Mountain Valley Hospice

June 28th at 2:00 PM: Prize Bingo sponsored by Brittany Russell of United Health Care.

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.

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





JUNE 2023



Mon	Tue	Wed	Thu	Fri
<p>Lunch is served daily at 11:30 a.m. for ages 60 & older.</p> <p>You must be registered. Contact the Nutrition Site Manager for more Information.</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>		<p>1 11:00 AM Extension At Home– Family Fun Challenge: Ideas to enjoy this Summer.</p>	<p>2 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>5 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>6 1:30 All Day Scrapbooking 9:00 Painting Class 1:00 Busy Fingers Crochet 1:00 Garden Workshop—Backyard Butterflies 6:00 African American Historical and Genealogical Society</p>	<p>7 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>8</p>	<p>9 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>12 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>13 9:00 Painting Class 1:00 Busy Fingers Crochet 2:00 VAYA Health trainings</p>	<p>14 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>15 11:30 Chapters Book Club at the MA Library</p>	<p>16 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Writers' Group 2:00 Welcome to Medicare 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>19 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>20 9:00 Painting Class 1:00 Busy Fingers Crochet</p>	<p>21 10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>22</p>	<p>23 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>26 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>27 9:00 Painting Class 1:00 Busy Fingers Crochet 1:00 Craft Class—Upstyled Cut-offs</p>	<p>28 10:00 Tai Chi @ Senior Center 1:15 Sing Along with Judy & Willie 2:00 Prize Bingo 3:30 Shag w/Linda</p>	<p>29</p>	<p>30 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