



# SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

July 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.

**July 6th at 11:00 AM: Extension At Home—Get Moving Outdoors.** 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:

**July 20 at 1:00 PM, Christmas in July Craft Class:**

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.

**July 26 at 1:15 PM: Christmas in July 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

**July 11 at 2:00 PM: VAYA Health Trainings:** Topic: An Overview of Mental Health Pts 1 & 2

**July 12 at 1:30 PM: Blood Pressure Checks** by Mountain Valley Hospice

**July 18 at 1:00 PM: Gardening Workshop. Pollinator Planters** with Robin Portis, Surry Extension Master Gardener. Class size is limited. Registration is required. Please call the senior center to register.

**July 26 at 2:00 PM: Christmas in July Prize Bingo** — Wear something festive, green or red, etc. and receive an extra door prize ticket!

**Over the Counter Catalog Party** with Brittany Russell—for United Health Care clients.

Wednesday, July 26th from 9:00—4:30. Stop in and let Brittany help you order your OTC items.

**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
- If you would like to be added to our newsletter email list, please call Carolyn Gentry at (336) 415-4225.
- Please “Like” us on Facebook! <https://www.facebook.com/SurrySeniorCenter>

### 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)



United Fund of Surry



# JULY 2023



Mon	Tue	Wed	Thu	Fri
<p>3</p> <p><b>9:45</b> Yoga Lite  <b>11:00</b> Line Dance w/Jene  <b>11:30</b> Facebook Group Chat  <b>1:30</b> Scrapbooking  <b>7:00</b> Shag w/Linda</p>	<p>4</p> <p><b>CLOSED</b></p> <p><b>Happy 4th of July!</b></p>	<p>5</p> <p><b>10:00</b> Tai Chi @ Senior Center  <b>2:00</b> Quarter Bingo  <b>3:30</b> Shag w/Linda</p>	<p>6</p> <p><b>11:00 AM</b> Extension At Home—Get Moving Outdoors</p>	<p>7</p> <p><b>9:00</b> All Day Scrapbooking  <b>10:00</b> Tai Chi @ MA Library  <b>11:00</b> Line Dance w/Blanche  <b>3:00</b> Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>10</p> <p><b>9:45</b> Yoga Lite  <b>11:00</b> Line Dance w/Jene  <b>11:30</b> Facebook Group Chat  <b>7:00</b> Shag w/Linda</p>	<p>11</p> <p><b>9:00</b> Painting Class  <b>1:00</b> Busy Fingers Crochet  <b>2:00</b> VAYA Health trainings  <b>6:00</b> African American Historical and Genealogical Society Meeting</p>	<p>12</p> <p><b>10:00</b> Tai Chi @ Senior Center  <b>1:30</b> Blood Pressure Checks  <b>2:00</b> Quarter Bingo  <b>3:30</b> Shag w/Linda</p>	<p>13</p>	<p>14</p> <p><b>10:00</b> Tai Chi @ MA Library  <b>11:00</b> Line Dance w/Blanche  <b>3:00</b> Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>17</p> <p><b>9:45</b> Yoga Lite  <b>11:00</b> Line Dance w/Jene  <b>11:30</b> Facebook Group Chat  <b>1:30</b> Scrapbooking  <b>7:00</b> Shag w/Linda</p>	<p>18</p> <p><b>9:00</b> Painting Class  <b>1:00</b> Busy Fingers Crochet  <b>1:00</b> Garden Workshop—Pollinator Planter</p>	<p>19</p> <p><b>10:00</b> Tai Chi @ Senior Center  <b>2:00</b> Quarter Bingo  <b>3:30</b> Shag w/Linda</p>	<p>20</p> <p><b>11:30</b> Chapters Book Club at the MA Library  <b>1:00</b> Christmas in July Craft Class</p>	<p>21</p> <p><b>10:00</b> Tai Chi @ MA Library  <b>11:00</b> Line Dance w/Blanche  <b>1:00</b> Writers' Group  <b>3:00</b> Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>24</p> <p><b>9:45</b> Yoga Lite  <b>11:00</b> Line Dance w/Jene  <b>11:30</b> Facebook Group Chat  <b>1:30</b> Scrapbooking  <b>7:00</b> Shag w/Linda</p>	<p>25</p> <p><b>9:00</b> Painting Class  <b>1:00</b> Busy Fingers Crochet</p>	<p>26</p> <p><b>9-4:30</b> Over the counter catalog Party with Brittany Russell.  <b>10:00</b> Tai Chi @ Senior Center  <b>1:15</b> Sing Along with Judy and Willie  <b>2:00</b> Christmas in July Bingo  <b>3:30</b> Shag w/Linda</p>	<p>27</p>	<p>28</p> <p><b>10:00</b> Tai Chi @ MA Library  <b>11:00</b> Line Dance w/Blanche  <b>3:00</b> Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>31</p> <p><b>9:45</b> Yoga Lite  <b>11:00</b> Line Dance w/Jene  <b>11:30</b> Facebook Group Chat  <b>1:30</b> Scrapbooking  <b>7:00</b> Shag w/Linda</p>			<p>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</p>	<p>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older.            You must be registered. Contact the Nutrition Site Manager for more Information.</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.