



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

August 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.

August 3rd at 11:00 AM: Extension At Home—Let’s Talk About Disaster Preparedness.

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:

August 23rd 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

August 8th at 2:00 PM: VAYA Health Trainings: Topic 1: Opportunities to help during a crisis. Topic 2: Communication 101

August 9th at 1:30 PM: Blood Pressure Checks by Mountain Valley Hospice

August 10th at 1:00 PM: Gardening Workshop– Fall Garden Planter with Robin Portis, Surry Extension Master Gardener. Class size is limited. Registration is required. Please call the senior center to register.

August 30th at 2:00 PM: Prize Bingo Sponsored by Brittany Russell of United Healthcare

Tuesday, August 22nd from 10:00—1:00. Live Wise, Live Well! We are partnering with the NC Cooperative Extension and other agencies to offer an event of fun and learning at the Surry County Service Center in Dobson. There will be food, fun, and fellowship! Seating is limited. Registration is required. Contact the senior center for more information!

See page 2 for more activities!

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

- We have free COVID tests, while supplies last.
- Farmer’s Market Vouchers are still available. Call the senior center for more information.
- 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>

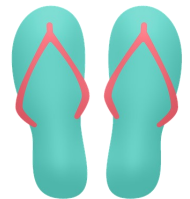
Information for Services, Referrals & Assistance

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





AUGUST 2023



Mon	Tue	Wed	Thu	Fri
<p>Please contact Carolyn Gentry at (336) 415-4225</p> <p>to register for events or if you would like the zoom links for our virtual activities</p>	<p>1</p> <p>9:00 All Day Scrapbooking 9:00 Painting Class 1:00 Busy Fingers Crochet 6:00 African American Historical and Genealogical Society Meeting</p>	<p>2</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>3</p> <p>11:00 Extension At Home –Let’s Talk About Disaster Preparedness</p>	<p>4</p> <p>10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
	<p>7</p> <p>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>8</p> <p>9:00 Painting Class 1:00 Busy Fingers Crochet 2:00 VAYA Health trainings</p>	<p>9</p> <p>10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>10</p> <p>1:00 Garden Workshop</p>
<p>14</p> <p>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>15</p> <p>9:00 Painting Class 1:00 Busy Fingers Crochet</p>	<p>16</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>17</p> <p>11:30 Chapters Book Club at the MA Library</p>	<p>18</p> <p>10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Writers’ Group 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>21</p> <p>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>22</p> <p>9:00 Painting Class 1:00 Busy Fingers Crochet 10:00 Live Wise, Live Well! Registration is required!</p>	<p>23</p> <p>10:00 Tai Chi @ Senior Center 1:15 Sing Along with Judy and Willie 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>24</p>	<p>25</p> <p>10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>28</p> <p>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>29</p> <p>9:00 Painting Class 1:00 Busy Fingers Crochet</p>	<p>30</p> <p>10:00 Tai Chi @ Senior Center 2:00 Prize Bingo 3:30 Shag w/Linda</p>	<p>31</p>	<p>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.</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