



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 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.

Virtual and In-Person Events:

September 7th at 11:00 AM: Extension At Home—It's Tea Time. What can tea do for you?

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

September 13th 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

September 7th at 1:00 PM: Bottle Cap Daisy Craft Class—Cost \$3. Please call the senior center to register.

September 12th at 2:00 PM: VAYA Health Trainings— Topic 1: Neurocognitive Disorders and the Basics of Dementia. Topic 2: Treating Dementia: Medications and More

September 13th at 1:30 PM: Blood Pressure Checks by Mountain Valley Hospice

September 19th at 1:00 PM: Gardening Class - Perpetual Propagation Workshop with Surry Extension Master Gardeners. Class size is limited. Registration is required. Please call the senior center to register.

September 27th at 2:00 PM: Prize Bingo:

Sponsored by Brittany Russell of United Healthcare

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.
- There is currently a waiting list for Farmer's Market Vouchers. Call the senior center if you would like to be added to the waiting list.
- 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





SEPTEMBER 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>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>			<p>1 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>4 CLOSED</p> 	<p>5 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>6 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>7 11:00 Extension At Home—It's Tea Time—What Can Tea Do For You? 1:00 Craft class—Bottle Cap Daisies</p>	<p>8 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>11 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>12 9:00 Painting Class 1:00 Busy Fingers Crochet 2:00 VAYA Health trainings</p>	<p>13 10:00 Tai Chi @ Senior Center 1:15 Sing Along with Judy and Willie 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>14 11:30 Chapters Book Club at the MA Library</p>	<p>15 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>18 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>19 9:00 Painting Class 1:00 Busy Fingers Crochet 1:00 Garden Workshop</p>	<p>20 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>21</p>	<p>22 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>25 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>26 9:00 Painting Class 1:00 Busy Fingers Crochet</p>	<p>27 10:00 Tai Chi @ Senior Center 2:00 Prize Bingo 3:30 Shag w/Linda</p>	<p>28</p>	<p>29 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 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