



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 2023

Important Announcements

Please note that the Surry County Senior Center, Mt. Airy Nutrition Site, and Retired Senior and Volunteer Program will be moving to 401 Technology Lane, Suite 200, very soon. We will make an announcement as soon as we know the exact date.

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.

October 5th at 11:00 AM: Extension At Home—Preparing for Holiday Spending

Join at home over Zoom (Contact the senior center for registration information.)

Virtual and In-Person Event:

October 25th at 1:15 PM: Thanksgiving 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

October 10th at 2:00 PM: VAYA Health Trainings— Topic 1: Navigating Depression: Finding Happiness. Topic 2: Bipolar Disorder: Creating Balance

October 17th at 11:30AM: (At Nutrition Site) Insight Human Services, Lock Your Meds Presentation

October 17th at 1:00 PM: Garden Workshop—Fall Harvest Planter with Surry Extension Master Gardeners. Registration is required. Please call the senior center before October 13th to register.

October 18th at 1:30 PM: Blood Pressure Checks by Mountain Valley Hospice

October 19th at 1:00 PM: Craft Class—Cost \$10. Supplies are limited. Registration is required. Flyer coming soon. Please call the senior center to register.

October 25th at 2:00 PM: Halloween Bingo - Prize Bingo! Wear a Halloween costume for an extra door prize ticket!

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.
- 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>

Happy Halloween!!!



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



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>3</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>4</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag class- cancelled</p>	<p>5</p> <p>11:00 Extension At Home — watch at home over Zoom</p>	<p>6</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>9</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>10</p> <p>9:00 Painting Class 1:00 Busy Fingers Crochet 2:00 VAYA Health trainings</p>	<p>11</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>12</p>	<p>13</p> <p>10:00 Tai Chi @ Senior Center 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>16</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>17</p> <p>9:00 Painting Class 11:30 Insight Human Services Presentation 1:00 Busy Fingers Crochet 1:00 Fall Harvest Planter Workshop</p>	<p>18</p> <p>10:00 Tai Chi @ Senior Center 1:30 BP Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>19</p> <p>11:30 Chapters Book Club at the MA Library 1:00 Craft class</p>	<p>20</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>23</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>24</p> <p>9:00 Painting Class 1:00 Busy Fingers Crochet</p>	<p>25</p> <p>10:00 Tai Chi @ Senior Center 1:15 Sing Along with Judy and Willie 2:00 Halloween Bingo (Prize Bingo) 3:30 Shag w/Linda</p>	<p>26</p>	<p>27</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>30</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>31</p> <p>9:00 Painting Class 1:00 Busy Fingers Crochet</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>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>

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.