



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 2023

Important Announcements

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

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.

November 2nd at 11:00 AM: Extension At Home—Eco-friendly Holiday Decor

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

In Person Activities and Classes

November 7th at 1:00 PM: Garden Workshop—Love Those Lenten Roses with Surry Extension Master Gardeners. Registration is required. Please call the senior center to register.

November 8th at 1:30 PM: Blood Pressure Checks by Mountain Valley Hospice

November 29th at 2:00 PM: Bingo - Prize Bingo!

November 30th at 1:00 PM: Craft Class— Registration is required. Flyer coming soon. Please call the senior center to register.

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>**

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





NOVEMBER 2023



Mon	Tue	Wed	Thu	Fri
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.	Please contact Carolyn Gentry at (336) 415-4225 to register for events or if you would like the zoom links for our virtual activities	1 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag class	2 11:00 Extension At Home — watch at home over Zoom	3 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
6 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	7 9:00 Painting Class 9:00 All Day Scrapbooking 1:00 Busy Fingers Crochet 1:00 Garden Workshop 	8 10:00 Tai Chi @ Senior Center 1:30 BP Checks 2:00 Quarter Bingo 3:30 Shag w/Linda	9	10 CLOSED Happy Veterans Day! <i>Honoring the service of our former United States Armed Forces personnel</i>
13 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	14 9:00 Painting Class 1:00 Busy Fingers Crochet	15 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	16 11:30 Chapters Book Club at the MA Library	17 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
20 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	21 9:00 Painting Class 1:00 Busy Fingers Crochet	22 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	23 CLOSED 	24 CLOSED
27 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	28 9:00 Painting Class 1:00 Busy Fingers Crochet	29 10:00 Tai Chi @ Senior Center 2:00 Prize Bingo 3:30 Shag w/Linda	30 1:00 Craft class	

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.