



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

December 2023

Important Announcements

Please note that the Surry County Senior Center, Mt. Airy Nutrition Site, and Retired Senior and Volunteer Program have moved to 401 Technology Lane. Please call the senior center if you need directions. (336-415-4225)

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.

December 7th at 11:00 AM: Extension At Home—Raising Good Eaters
Join at home over Zoom (Contact the senior center for registration information.)

Virtual and In-Person Event:

December 20th at 1:15 PM: Christmas Sing Along with Judy & Willie –
Refreshments will be served. The sing along is offered over Zoom if you would like to watch from home. Please call the senior center to get the Zoom information.

In Person Activities and Classes

December 1st from 7 - 9 PM: Reindeer Hop: Tickets on sale now! \$8 per person.
This will be held at the L.H. Jones Auditorium, 215 Jones School Rd.

December 5th at 1:00 PM: Garden Workshop– Garden Fresh Holiday Wreath, with Surry Extension Master Gardeners. Registration is required. Please call the senior center to register and to find out what you need to bring.

December 12th at 2:00 PM: VAYA Health Trainings— Topic 1: Dementia: A Deeper Understanding. Topic 2: Not as Prescribed: Effects of Medication Misuse

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

December 20 at 2:00 PM: Christmas Prize Bingo! Be sure to wear festive colors!

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 and Senior 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





DECEMBER 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 @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game 7:00 Reindeer Hop—Please purchase tickets in advance!
4 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	5 9:00 Painting Class 9:00 All Day Scrapbooking 1:00 Busy Fingers Crochet 1:00 Garden Workshop	6 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	7 11:00 Extension At Home — watch at home over Zoom	8 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
11 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda	12 9:00 Painting Class 1:00 Busy Fingers Crochet 2:00 VAYA Health trainings	13 10:00 Tai Chi @ Senior Center 1:30 BP Checks 2:00 Quarter Bingo 3:30 Shag w/Linda	14	15 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game
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25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED
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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.