



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

January 2024

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.

January 9th at 12:00 PM: Extension At Home New Lunch and Learn—Meal Prep 101. Join at home over Zoom (Contact the senior center for registration information,) or watch here at the senior center!

In Person Activities and Classes

*****NEW*** January 4th at Noon and 5:30 PM — Weight Watchers Workshops.**

These workshops will be held every Thursday all year! To sign up or if you have questions, please visit ww.com

January 11th at 1:00 PM: VAYA Health Trainings— Topic: Enriching Mental Health with Complimentary Treatments Part 1 and Part 2.

January 19th at 1:00 PM: YVEDDI Resource Center Open House

January 23 at 1:00 PM: Garden Workshop— Garden in a Jar with Surry Extension Master Gardeners. Registration is required. Please call the senior center to register and to find out what you need to bring.

January 31st at 2:00 PM: Prize Bingo!

Volunteer Income Tax Assistance begins January 27th. Please call the senior center (336-415-4225) after January 2nd to get an appointment.

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





JANUARY 2024



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>CLOSED</p> <p>Happy New Year!</p>	<p>2</p> <p>9:00 Painting Class 9:00 All Day Scrapbooking 1:00 Busy Fingers Crochet</p>	<p>3</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>4</p> <p>12:00 Weight Watchers 5:30 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>5</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>8</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>9</p> <p>9:00 Painting Class 12:00 Extension At Home — Lunch and Learn 1:00 Busy Fingers Crochet</p>	<p>10</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>11</p> <p>12:00 Weight Watchers 1:00 VAYA Health trainings 5:30 Weight Watchers (Weight Watchers Weigh-in—30 minutes prior to workshop)</p>	<p>12</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>15</p> <p>CLOSED MLK Jr.</p>	<p>16</p> <p>9:00 Painting Class 1:00 Busy Fingers Crochet</p>	<p>17</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>18</p> <p>11:30 Chapters Book Club at the MA Library 12:00 Weight Watchers 5:30 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>19</p> <p>10:00 Tai Chi @ MA Library 1:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game 1:00 YVEDDI Resource Center Open House</p>
<p>22</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>23</p> <p>9:00 Painting Class 1:00 Busy Fingers Crochet 1:00 Garden Workshop</p>	<p>24</p> <p>10:00 Tai Chi @ Senior Center 2:00 Prize Bingo 3:30 Shag w/Linda</p>	<p>25</p> <p>12:00 Weight Watchers 5:30 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>26</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>29</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>30</p> <p>9:00 Painting Class 1:00 Busy Fingers Crochet</p>	<p>31</p> <p>10:00 Tai Chi @ MA Library 2:00 Prize Bingo 3:30 Shag w/Linda</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>	<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