



# SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 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.

**Feb. 13th at 12:00 PM: Extension At Home New Lunch and Learn—Happy Heart Habits -**

Join at home over Zoom. Contact the senior center for registration info.

### Virtual and In Person Activities -

**Sing Along with Judy and Willie: Love Songs -** Wednesday, February 14th at 1:15 PM.

Offered in person and virtually, too! Contact the senior center for Zoom info.

### In Person Activities and Classes

**\*\*\*NEW\*\*\* Thursdays 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 [www.com](http://www.com)

**Feb. 8th, VAYA Health Trainings:** Topic 1: Facing the Emotional Challenges of Chronic Illness, Topic 2: Anxiety: Managing Nervous Energy.

**Feb. 9th, at 6:00 PM: Valentine's Dance:** Music provided by Creekside. Refreshments will be served.

**Feb. 13th at 1:00 PM: Garden Workshop—** Winter sowing. Sowing seeds in milk jug greenhouses. Registration is required. Please call the senior center to register and to find out what you need to bring.

**Feb. 14th at 1:30 PM: Blood Pressure Checks**

**Feb. 19th at 1:00 PM: Craft Class—**Memory Pillows—Class size is limited. You must register to take this class.

**Feb. 28th at 2:00 PM:** Prize Bingo!

**Volunteer Income Tax Assistance** Please call the senior center (336-415-4225) for an appointment to get your taxes done for free!

**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



## 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](http://www.unitedfundofsurry.org)





# FEBRUARY 2024



Mon	Tue	Wed	Thu	Fri
<p>Please contact <b>Carolyn Gentry at (336) 415-4225</b> 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 &amp; older. You must be registered. Contact the Nutrition Site Manager for more Information.</p>		<p>1 <b>12:00</b> Weight Watchers <b>5:30</b> Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>2 <b>10:00</b> Tai Chi @ MA Library <b>11:00</b> Line Dance w/Blanche <b>1:00</b> Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>5 <b>9:45</b> Yoga Lite <b>11:00</b> Line Dance w/Jene <b>11:30</b> Facebook Group Chat <b>1:30</b> Scrapbooking <b>7:00</b> Shag w/Linda</p>	<p>6 <b>9:00</b> Painting Class <b>1:00</b> Busy Fingers Crochet</p>	<p>7 <b>10:00</b> Tai Chi @ Senior Center <b>2:00</b> Quarter Bingo <b>3:30</b> Shag w/Linda</p>	<p>8 <b>12:00</b> Weight Watchers <b>1:00</b> VAYA Health trainings <b>5:30</b> Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>9 <b>10:00</b> Tai Chi @ MA Library <b>11:00</b> Line Dance w/Blanche <b>1:00</b> Bowling @ Mount Airy Bowling Lanes-\$1.50/game <b>6:00 Valentine's Dance</b></p> 
<p>12 <b>9:45</b> Yoga Lite <b>11:00</b> Line Dance w/Jene <b>11:30</b> Facebook Group Chat <b>1:30</b> Scrapbooking <b>7:00</b> Shag w/Linda</p>	<p>13 <b>9:00</b> Painting Class <b>12:00</b> Extension At Home — Lunch and Learn <b>1:00</b> Busy Fingers Crochet <b>1:00</b> Garden Workshop</p>	<p>14 <b>10:00</b> Tai Chi @ Senior Center <b>1:15</b> Sing Along with Judy and Willie <b>1:30</b> Blood Pressure Checks <b>2:00</b> Quarter Bingo <b>3:30</b> Shag w/Linda</p> 	<p>15 <b>11:30</b> Chapters Book Club at the MA Library <b>12:00</b> Weight Watchers <b>5:30</b> Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>16 <b>10:00</b> Tai Chi @ MA Library <b>1:00</b> Line Dance w/Blanche <b>1:00</b> Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>19 <b>9:45</b> Yoga Lite <b>11:00</b> Line Dance w/Jene <b>11:30</b> Facebook Group Chat <b>1:00</b> Craft Class <b>1:30</b> Scrapbooking <b>7:00</b> Shag w/Linda</p>	<p>20 <b>9:00</b> Painting Class <b>1:00</b> Busy Fingers Crochet</p>	<p>21 <b>10:00</b> Tai Chi @ Senior Center <b>2:00</b> Quarter Bingo <b>3:30</b> Shag w/Linda</p>	<p>22 <b>12:00</b> Weight Watchers <b>5:30</b> Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>23 <b>10:00</b> Tai Chi @ MA Library <b>11:00</b> Line Dance w/Blanche <b>1:00</b> Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>26 <b>9:45</b> Yoga Lite <b>11:00</b> Line Dance w/Jene <b>11:30</b> Facebook Group Chat <b>1:30</b> Scrapbooking <b>7:00</b> Shag w/Linda</p>	<p>27 <b>9:00</b> Painting Class <b>1:00</b> Busy Fingers Crochet</p>	<p>28 <b>10:00</b> Tai Chi @ Senior Center <b>2:00</b> Prize Bingo <b>3:30</b> Shag w/Linda</p>	<p>29 <b>12:00</b> Weight Watchers <b>5:30</b> Weight Watchers (Weigh-in—30 minutes prior)</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**