



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 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 • Mount Airy, NC

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.

March 12th at 12:00 PM: Extension At Home Lunch and Learn— Cooking with Ease. Join at home over Zoom. Contact the senior center for registration info.

Virtual and In Person Activities -

March 21st at 1:00 PM: Craft Class—Practically Perfect Pom Poms! Come make a pom pom garland to celebrate Spring! Class size is limited. You must register to take this class.

This class is also offered over Zoom. Please call the senior center for the Zoom information.

In Person Activities and Classes

Thursdays at Noon and 5:30 PM: Weight Watchers Workshops. For more information or to sign up, please visit ww.com

March 6th at 1:30 PM: Blood Pressure Checks with Margaret Hauser of Mountain Valley Hospice.

March 12th at 1:00 PM: Garden Workshop— Propagating Leggy Succulents/dish garden.

Registration is required. Please call the senior center to register & to find out what you need to bring.

March 14th: VAYA Health Trainings: Topic 1: PTSD: Healing the Emotional Wound,
Topic 2: Hoarding disorder: Hidden Secrets

March 27th at 2:00 PM: Prize Bingo!

Senior Games Registration all month long! Early Bird registration, prior to March 15th is \$10.

Register after March 15th and the fee is \$12. (Includes a senior games T-shirt) Registration forms are available at the senior center. Seniors may also register at the "Spring into Senior Games" event at Fisher River Park on Mar. 7th and at the Bowling Alley on March 22nd. (Early Bird Pricing will apply to those who register at the bowling alley on March 22nd.) For more information, call Bradley or Andrew at 336-401-8235.

Volunteer Income Tax Assistance—All appointments are booked. Call the senior center for a referral to another VITA location.

See page 2 for more activities!

Drop-in Activities: Games, Cards, Puzzles, DVD/Puzzle/Book Swap!

▪ 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, 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



United Fund of Surry

Mon	Tue	Wed	Thu	Fri
<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>			<p>1 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>4 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>5 CLOSED</p>	<p>6 10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>7 11:00-2:00 Spring Into Senior Games at Fisher River Park 12:00 Weight Watchers 5:30 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>8 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>11 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>12 9:00 Painting Class 12:00 Extension At Home — Lunch and Learn 1:00 Busy Fingers Crochet 1:00 Garden Workshop</p>	<p>13 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>14 12:00 Weight Watchers 1:00 VAYA Health trainings 5:30 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>15 10:00 Tai Chi @ MA Library 1:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>18 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>19 9:00 Painting Class 9:00 All Day Scrapbooking 1:00 Busy Fingers Crochet</p>	<p>20 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>21 11:30 Chapters Book Club at the MA Library 12:00 Weight Watchers 1:00 Craft Class-Pom Poms 5:30 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>22 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 12:00 Senior Games Sign-Ups at Mt. Airy Bowling Lanes 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>25 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>26 9:00 Painting Class 1:00 Busy Fingers Crochet</p>	<p>27 10:00 Tai Chi @ Senior Center 2:00 Prize Bingo 3:30 Shag w/Linda</p>	<p>28 12:00 Weight Watchers 5:30 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>29 CLOSED—Good Friday 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</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.