



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

April 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, Suite 200 - 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.

April 9th at 12:00 PM: Extension At Home Lunch and Learn— Become a Scam Detective. Contact the senior center to get the registration link.

Virtual and In Person Activities—

April 30th at 2:00 PM: Craft Class— Fairy Wands/Decorative Garden Stakes. Cost is \$4. Supplies are limited. Registration is required. If you would like to watch this class over Zoom, please call to get 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

Thursdays at 10:30: Nutrition Site Bingo. Bring two \$1 Prizes.

Fridays at 10:00: Walking Club. Meet at the beginning of the walking trail (weather permitting)

April 9th at 1:00 PM: Garden Workshop—Happy, Healthy Hummingbirds with Surry Extension Master Gardeners. Registration is required. Please call the senior center to register & to find out what you need to bring.

April 10th at 1:30 PM: Blood Pressure Checks with Margaret Hauser of Mountain Valley Hospice

April 11th: VAYA Health Trainings: Topic 1: Facing Substance Use and Misuse in Your World

Topic 2: Not As Prescribed: Effects of Medication Misuse

April 16th at 12:30 PM: Rook

April 17th at 2:00 PM: Prize Bingo!

Coming soon!

Friday, May 3rd at 1:00: Medicare 101— Come get answers to your Medicare questions!

Friday, May 24th at 2:00—Senior Health and Information Fair.

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





APRIL 2024



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>2</p> <p>9:00 Painting Class 9:00 All Day Scrapbooking 11:00 Nutrition Program 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>10:30 Nutrition Site Bingo 12:00 Weight Watchers 5:30 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>5</p> <p>10:00 Tai Chi @ MA Library 10:00 Walking Club 11:00 Line Dance w/Blanche 3:00 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 11:00 VAYA Health Class 12:00 Extension At Home — Lunch and Learn 1:00 Busy Fingers Crochet 1:00 Garden Workshop</p>	<p>10</p> <p>10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>11</p> <p>10:30 Nutrition Site Bingo 12:00 Weight Watchers 1:00 VAYA Health trainings 5:30 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>12</p> <p>10:00 Tai Chi @ MA Library 10:00 Walking Club 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p>
<p>15</p> <p>9:45 Yoga Lite 10:30 Book Club @Senior Center 11:00 Line Dance w/Jene 11:30 Facebook Grp Chat 1:30 Scrapbooking 7:00 Shag w/Linda</p>	<p>16</p> <p>9:00 Painting Class 12:30 Rook 1:00 Busy Fingers Crochet</p>	<p>17</p> <p>10:00 Tai Chi @ Senior Center 2:00 Prize Bingo 3:30 Shag w/Linda</p>	<p>18</p> <p>10:30 Nutrition Site Bingo 12:00 Weight Watchers 1:00 Chapters Book Club at the MA library 5:30 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>19</p> <p>10:00 Tai Chi @ MA Library 10:00 Walking Club 11:00 Line Dance w/Blanche 1:00 Writers' Group 1:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</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 11:00 MAPD Safety Program 1:00 Busy Fingers Crochet</p>	<p>24</p> <p>10:00 Tai Chi @ Senior Center 3:30 Shag w/Linda</p>	<p>25</p> <p>10:30 Nutrition Site Bingo 12:00 Weight Watchers 5:30 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>26</p> <p>10:00 Tai Chi @ MA Library 10:00 Walking Club 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 2:00 Craft—Fairy Wands/ Decorative Garden sticks</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 Surry County residents ages 60 & older. You must be registered. Contact Susan Lawrence, Nutrition Site Manager for more information. (336)415-4241</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