



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

May 2024

Important Announcements

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.

May 14th at 12:00 PM: Extension At Home Lunch and Learn— Embracing Wellness: Tips for Healthy Aging. Contact the senior center to get the registration link.

Virtual and In Person Activities— Please call the senior center to get the Zoom information.

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

In Person Activities and Classes

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

Thursdays at 12:00 PM: Weight Watchers Workshop. For more information, please visit www.com

Fridays at 10:00: Walking Club. Meet at the entrance to the walking trail in the YRC parking lot (weather permitting)

May 9th at 11:30 PM: Sing Along with Judy and Willie (Family Songs)

May 9th at 1:00: VAYA Health Trainings: Topic 1: An Overview of Mental Health Pt. 1

Topic 2: An Overview of Mental Health Pt. 2

May 14th at 1:00 PM: Garden Workshop with Surry Extension Master Gardeners. Tomatoes in a Bucket with Ollas. Registration is required. Please call the senior center to register & to find out what you need to bring.

May 15th at 1:30 PM: Blood Pressure Checks with Margaret Hauser of Mountain Valley Hospice

May 16th at 2:00 PM: NC Board of Elections Seminar-Voter ID Requirement

May 17th and 18th at 7:00 and May 19th at 2:00 PM: NoneSuch Playmakers-Nearly Grimm Tales-

Pay what you "can" at the door. A portion of the proceeds will benefit the senior center!

May 21st from 12:00-2:00 PM: Rook

May 22nd at 12:00 PM: Train Dominoes

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

May 29th at 2:00 PM: Prize Bingo!

May 29th at 3:00 PM: Older American's Month Ice Cream Party (following Prize Bingo)

May 30th at 2:00 PM: NC Board of Elections Seminar-Accessibility in Voting

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>

Remembering the men and women who died while serving our country.

Happy Memorial Day!

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



MAY 2024



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 Surry County residents ages 60 & older. You must be registered. Contact Susan Lawrence, Nutrition Site Manager for more information. (336)415-4241</p>	<p>1 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>2 10:30 Nutrition Site Bingo 12:00 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>3 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 1:00 Medicare 101 Seminar</p>
<p>6 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>7 9:00 Painting Class 9:00 All Day Scrapbooking 1:00 Busy Fingers Crochet</p>	<p>8 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>9 10:30 Nutrition Site Bingo 11:30 Sing Along with Judy and Willie 12:00 Weight Watchers (Weigh-in—30 minutes prior) 1:00 VAYA Health trainings</p>	<p>10 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>13 9:45 Yoga Lite 11:30 Facebook Grp Chat 1:30 Scrapbooking 7:00 Shag w/Linda</p>	<p>14 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 1:00 Line Dance w/Jene</p>	<p>15 10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>16 10:30 Nutrition Site Bingo 12:00 Weight Watchers (Weigh-in—30 minutes prior) 1:00 Chapters Book Club at the MA library 2:00 Voter ID Seminar</p>	<p>17 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 7:00 NoneSuch Playmakers</p>
<p>20 9:45 Yoga Lite 10:30 Book Club @Senior Center Nutrition Site 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking</p>	<p>21 9:00 Painting Class 11:00 SCHNS Nutrition Program 12:00 Rook 1:00 Busy Fingers Crochet</p>	<p>22 10:00 Tai Chi @ Senior Center 12:00 Train Dominoes 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>23 10:30 Nutrition Site Bingo 12:00 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>24 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 2:00 Senior Health and Information Fair</p>
<p>27 CLOSED</p> 	<p>28 9:00 Painting Class 11:00 MAPD Safety Program 1:00 Busy Fingers Crochet</p>	<p>29 10:00 Tai Chi @ Senior Center 2:00 Prize Bingo 3:30 Shag w/Linda 3:30 Older Americans Month Ice Cream Party</p>	<p>30 10:30 Nutrition Site Bingo 12:00 Weight Watchers (Weigh-in—30 minutes prior) 2:00 Accessibility in Voting Seminar</p>	<p>31 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>

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