



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

June 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.

June 11th at 12:00 PM: Extension At Home Lunch and Learn - Eat a Rainbow

Contact the senior center to get the registration link.

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 **ww.com**

Fridays at 10:00 AM: Walking Club

Meet at the entrance to the walking trail in the YRC parking lot (weather permitting)

June 11th at 1:00 PM: Garden Workshop with Surry Extension Master Gardeners. Pollinator Class. Registration is required. Please call the senior center to register & to find out what you need to bring.

June 12th at 12:00 PM: Train Dominoes

June 12th at 1:30 PM: Blood Pressure Checks with Margaret Hauser of Mountain Valley Hospice

June 13th at 11:30 PM: Sing Along with Judy and Willie

June 13th at 1:00: VAYA Health Trainings: Topic 1: Neurocognitive Disorders and the Basics of Dementia: Top 4 Dementias Part 1 **Topic 2:** Top 4 Dementias Part 2

June 19th at 2:00 PM: Prize Bingo!

June 24th: RSVP Volunteer Recognition

Are you an RSVP Volunteer? Watch for your invitation in the mail!

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





JUNE 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>3 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>4 9:00 Painting Class 9:00 All Day Scrapbooking 1:00 Busy Fingers Crochet</p>	<p>5 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>6 10:30 Nutrition Site Bingo 12:00 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>7 10:00 Tai Chi @ MA Library 10:00 Walking Club 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>10 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>11 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>12 10:00 Tai Chi @ Senior Center 12:00 Train Dominoes 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>13 10:30 Nutrition Site Bingo 11:30 Sing Along with Judy and Willie 12:00 Weight Watchers (Weigh-in—30 minutes prior) 1:00 Book Club at MA library 1:00 VAYA Health trainings</p>	<p>14 10:00 Tai Chi @ MA Library 10:00 Walking Club 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>17 9:45 Yoga Lite 10:30 Book Club @ Senior Center Nutrition Site 11:00 Line Dance w/Jene 11:30 Facebook Grp Chat 1:30 Scrapbooking 7:00 Shag w/Linda</p>	<p>18 9:00 Painting Class 11:00 SCHNS Nutrition Program 1:00 Busy Fingers Crochet</p>	<p>19 10:00 Tai Chi @ Senior Center 2:00 Prize Bingo 3:30 Shag w/Linda</p>	<p>20 10:30 Nutrition Site Bingo 12:00 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>21 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—\$2/game</p>
<p>24 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>25 9:00 Painting Class 11:00 MAPD Safety Program 1:00 Busy Fingers Crochet</p>	<p>26 10:00 Tai Chi @ Senior Center 3:30 Shag w/Linda</p>	<p>27 10:30 Nutrition Site Bingo 12:00 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>28 10:00 Tai Chi @ MA Library 10:00 Walking Club 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/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