



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

July 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.

July 9th at 12:00 PM: Extension At Home Lunch and Learn - Happiness Hows: Practical Steps to be Happier. 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 9:00 AM: Walking Club

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

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

July 15th at 1:00 PM: Craft Class—Flower Pot Lighthouses—Must be registered to attend. Please call to register and to find out what supplies you need to bring.

July 18th at 2:30 PM: Garden Workshop Lavender: A Special Herb with Surry Extension Master Gardeners Registration is required. Please call the senior center to register & to find out what you need to bring.

July 24th at 1:30 PM: Blood Pressure Checks with Margaret Hauser of Mountain Valley Hospice

July 31st at 2:00 PM: Christmas in July Prize Bingo! Put on some festive attire and come join us!

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>

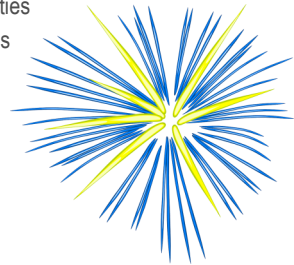
Information for Services, Referrals & Assistance

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





JULY 2024



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9:45 Yoga Lite</p> <p>11:00 Line Dance w/Jene</p> <p>11:30 Facebook Group Chat</p> <p>7:00 Shag w/Linda</p>	<p>2</p> <p>9:00 Painting Class</p> <p>11:00 Partners Health Program</p> <p>1:00 Busy Fingers Crochet</p>	<p>3</p> <p>10:00 Tai Chi @ Senior Center</p> <p>2:00 Quarter Bingo</p> <p>3:30 Shag w/Linda</p>	<p>4</p> <p>CLOSED</p> <p>HAPPY 4TH OF JULY</p>	<p>5</p> <p>9:00 Walking Club</p> <p>10:00 Tai Chi @ MA Library</p> <p>1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>8</p> <p>9:45 Yoga Lite</p> <p>11:00 Line Dance w/Jene</p> <p>11:30 Facebook Group Chat</p> <p>7:00 Shag w/Linda</p>	<p>9</p> <p>9:00 Painting Class</p> <p>12:00 Extension At Home — Lunch and Learn</p> <p>1:00 Busy Fingers Crochet</p>	<p>10</p> <p>10:00 Tai Chi @ Senior Center</p> <p>2:00 Quarter Bingo</p> <p>3:30 Shag w/Linda</p>	<p>11</p> <p>10:30 Nutrition Site Bingo</p> <p>11:30 Sing Along with Judy and Willie</p> <p>12:00 Weight Watchers (Weigh-in 30 min. prior)</p>	<p>12</p> <p>9:00 Walking Club</p> <p>10:00 Tai Chi @ MA Library</p> <p>11:00 Line Dance w/Blanche</p> <p>1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>15</p> <p>9:45 Yoga Lite</p> <p>10:30 Nutrition Site Book Club</p> <p>11:00 Line Dance w/Jene</p> <p>11:30 Facebook Grp Chat</p> <p>1:00 Craft Class</p> <p>7:00 Shag w/Linda</p>	<p>16</p> <p>9:00 Painting Class</p> <p>11:30 SCHNC Nutrition Program</p> <p>1:00 Busy Fingers Crochet</p>	<p>17</p> <p>10:00 Tai Chi @ Senior Center</p> <p>2:00 Quarter Bingo</p> <p>3:30 Shag w/Linda</p>	<p>18</p> <p>10:30 Nutrition Site Bingo</p> <p>12:00 Weight Watchers</p> <p>1:00 Book Club at MA library</p> <p>2:30 Garden Workshop—Registration is required</p>	<p>19</p> <p>9:00 Walking Club</p> <p>10:00 Tai Chi @ MA Library</p> <p>11:00 Line Dance w/Blanche</p> <p>1:00 Writers' Group</p> <p>1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>22</p> <p>9:45 Yoga Lite</p> <p>10:30 Book Club @ Senior Center Nutrition Site</p> <p>11:00 Line Dance w/Jene</p> <p>11:30 Facebook Grp Chat</p> <p>7:00 Shag w/Linda</p>	<p>23</p> <p>9:00 Painting Class</p> <p>11:00 MAPD Safety Program</p> <p>1:00 Busy Fingers Crochet</p>	<p>24</p> <p>10:00 Tai Chi @ Senior Center</p> <p>1:30 Blood Pressure Checks</p> <p>2:00 Quarter Bingo</p> <p>3:30 Shag w/Linda</p>	<p>25</p> <p>10:30 Nutrition Site Bingo</p> <p>12:00 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>26</p> <p>9:00 Walking Club</p> <p>10:00 Tai Chi @ MA Library</p> <p>11:00 Line Dance w/Blanche</p> <p>1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>29</p> <p>9:45 Yoga Lite</p> <p>11:00 Line Dance w/Jene</p> <p>11:30 Facebook Group Chat</p> <p>7:00 Shag w/Linda</p>	<p>30</p> <p>9:00 Painting Class</p> <p>1:00 Busy Fingers Crochet</p>	<p>31</p> <p>10:00 Tai Chi @ Senior Center</p> <p>2:00 Christmas in July Prize Bingo</p> <p>3:30 Shag w/Linda</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