



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

October 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.

October 8th at 12:00 PM: Extension At Home Lunch and Learn—Budgeting for the Holidays. Contact the senior center to get the registration link.

In Person Activities and Classes

Thursdays at 10:30 AM: 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)

October 4th and 5th at 7:00 PM and October 6th at 2:00 PM: NoneSuch Playmakers presents “The Velvet Dagger” an original play by Brack Llewellyn. A portion of the proceeds will benefit the Surry County Senior Center.

October 8th at 9:00 AM: All Day Scrapbooking

October 10th at 11:30 AM: Sing Along with Judy and Willie

October 14th at 1:00 PM: Craft Class - Pumpkin Garland (Free) - Please call to register and to find out what you need to bring. This class is also offered virtually.

October 16th at 1:30 PM: Blood Pressure Checks with Margaret Hauser of Mountain Valley Hospice.

October 17th at 2:00 PM: Garden Workshop - Surry Extension Master Gardeners — Awesome Amaryllis. Registration is required. Please call the senior center to register & to find out what you need to bring.

October 30th at 2:00 PM: Halloween Bingo! (Prize Bingo) Wear a Halloween Costume to get an extra Door Prize Ticket!

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 the senior center.
- 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>



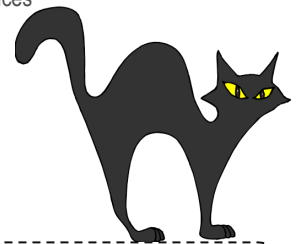
Information for Services, Referrals & Assistance

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





OCTOBER 2024



Mon	Tue	Wed	Thu	Fri
<p>The Velvet Dagger, a NoneSuch Playmakers production, written by Brack Llewellyn. Admittance is by donation. (Pay what you can.) Performances are 10/4 and 10/5 at 7:00 and 10/6 at 2:00.</p>	<p>1 9:00 Painting For Fun 11:00 Partners Health Program 1:00 Busy Fingers Crochet</p>	<p>2 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>3 10:30 Nutrition Site Bingo 12:00 Weight Watchers</p>	<p>4 9:00 Walking Club 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game 7:00 The Velvet Dagger—by the NoneSuch Playmakers</p>
<p>7 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>8 9:00 Painting For Fun 9:00 All Day Scrapbooking 12:00 Extension At Home — Lunch and Learn 1:00 Busy Fingers Crochet</p>	<p>9 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>10 10:30 Nutrition Site Bingo 11:30 Sing Along with Judy and Willie 12:00 Weight Watchers (Weigh-in 30 min. prior)</p>	<p>11 9:00 Walking Club 10:00 Tai Chi @ the Senior Center 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>14 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Grp Chat 1:00 Craft Class 7:00 Shag w/Linda</p>	<p>15 9:00 Painting For Fun 11:30 SCHNC Nutrition Program 1:00 Busy Fingers Crochet</p>	<p>16 10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>17 10:30 Nutrition Site Bingo 12:00 Weight Watchers 1:00 Book Club at MA Library 2:00 Garden Workshop—Registration is required</p>	<p>18 9:00 Walking Club 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Writers' Group 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>21 9:45 Yoga Lite 10:30 Book Club @ Senior Center Nutrition Site 11:00 Line Dance w/Jene 11:30 Facebook Grp Chat 12:00 Fun Art Paint Class 7:00 Shag w/Linda</p>	<p>22 9:00 Painting For Fun 11:00 MAPD Safety Program 1:00 Busy Fingers Crochet</p>	<p>23 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>24 10:30 Nutrition Site Bingo 12:00 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>25 9:00 Walking Club 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>28 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>29 9:00 Painting For Fun 1:00 Busy Fingers Crochet</p>	<p>30 10:00 Tai Chi @ Senior Center 2:00 Halloween Bingo (Prize Bingo) 3:30 Shag w/Linda</p>	<p>31 Happy Halloween! 10:30 Nutrition Site Bingo 12:00 Weight Watchers</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