



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 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.

September 10th at 12:00 PM: Extension At Home Lunch and Learn - Cook With Ease: Tips, Tools & Gadgets. 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)

September 12th at 2:00 PM: National Senior Center Month Celebration/Cornhole Tournament – Registration is required—deadline is Tuesday, Sept. 10th.



September 18th at 1:30 PM: Blood Pressure Checks with Margaret Hauser of Mountain Valley Hospice

September 19th at 11:30 AM: Sing Along with Judy and Willie

September 19th at 2:00 PM: Garden Workshop—Growing Garlic Containers with Surry Extension Master Gardeners. Registration is required. Please call the senior center to register & to find out what you need to bring.

September 23rd at 1:00 PM: Twine Pumpkin Craft Class - Must be registered to attend. This class is also offered virtually. Please call to register or to get the Zoom information.

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





SEPTEMBER 2024



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>CLOSED</p> 	<p>3</p> <p>9:00 Painting For Fun</p> <p>9:00 All Day Scrapbooking</p> <p>11:00 Partners Health Program</p> <p>1:00 Busy Fingers Crochet</p>	<p>4</p> <p>10:00 Tai Chi @ Senior Center</p> <p>2:00 Quarter Bingo</p> <p>3:30 Shag w/Linda</p>	<p>5</p> <p>10:30 Nutrition Site Bingo</p> <p>12:00 Weight Watchers</p>	<p>6</p> <p>9:00 Walking Club</p> <p>10:00 Tai Chi @ MA Library</p> <p>11:00 Line Dance w/Blanche</p> <p>2:30 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>9</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>10</p> <p>9:00 Painting For Fun</p> <p>12:00 Extension At Home — Lunch and Learn</p> <p>1:00 Busy Fingers Crochet</p>	<p>11</p> <p>10:00 Tai Chi @ Senior Center</p> <p>2:00 Quarter Bingo</p> <p>3:30 Shag w/Linda</p>	<p>12</p> <p>10:30 Nutrition Site Bingo</p> <p>12:00 Weight Watchers (Weigh-in 30 min. prior)</p> <p>2:00 National Senior Center Month Celebration - Cornhole Tournament</p>	<p>13</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>16</p> <p>9:45 Yoga Lite</p> <p>11:00 Line Dance w/Jene</p> <p>11:30 Facebook Grp Chat</p> <p>7:00 Shag w/Linda</p>	<p>17</p> <p>9:00 Painting For Fun</p> <p>11:30 SCHNC Nutrition Program</p> <p>1:00 Busy Fingers Crochet</p>	<p>18</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>19</p> <p>10:30 Nutrition Site Bingo</p> <p>11:30 Sing Along with Judy and Willie</p> <p>12:00 Weight Watchers</p> <p>1:00 Book Club at MA library</p> <p>2:00 Garden Workshop—Registration is required</p>	<p>20</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>23</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>1:00 Craft Class</p> <p>7:00 Shag w/Linda</p>	<p>24</p> <p>9:00 Painting For Fun</p> <p>11:00 MAPD Safety Program</p> <p>1:00 Busy Fingers Crochet</p>	<p>25</p> <p>10:00 Tai Chi @ Senior Center</p> <p>2:00 Prize Bingo</p> <p>3:30 Shag w/Linda</p>	<p>26</p> <p>10:30 Nutrition Site Bingo</p> <p>12:00 Weight Watchers (Weigh-in—30 minutes prior)</p>	<p>27</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>30</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>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