



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

November 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.

Nov. 12th at 12:00 PM: Extension At Home Lunch and Learn—Holiday Classics with a Spin. 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

Nov. 7th at 2:00 PM: Garden Workshop - Surry Extension Master Gardeners—Lasagne Style Planter—Registration is required. Please call the senior center to register & to find out what you need to bring.

Nov. 12th at 9:00 AM: All Day Scrapbooking

Nov. 13th at 1:30 PM: Blood Pressure Checks with Mountain Valley Hospice.

Nov. 14th at 11:30 AM: Sing Along with Judy and Willie

Nov. 18th at 1:00 PM: Craft Class—Details coming soon! Watch our Facebook page for more information. Please call to register. This class is also offered virtually.

Nov. 21st at 2:00 PM: Garden Workshop - Surry Extension Master Gardeners—Lasagne Style Planter—Registration is required. Please call the senior center to register & to find out what you need to bring.

Nov. 22nd and 23rd at 7:00 and Nov. 24th at 3:00 PM: NoneSuch Playmakers presents “Cheaper Than Therapy” Performing hits of the Awesome ‘80s! Admission is by donation. Proceeds from this event will benefit the senior center and the Angela H. Llewellyn Foundation Scholarship Fund.

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



NOVEMBER 2024



Mon	Tue	Wed	Thu	Fri
<p>Lunch is served daily at 11:30 a.m. for Surry County residents ages 60 & older.</p> <p>You must be registered. Contact Susan Lawrence, Nutrition Site Manager for more information. (336) 415-4241</p>				<p>1</p> <p>10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>4</p> <p>11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>5</p> <p>CLOSED</p>	<p>6</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>7</p> <p>10:30 Nutrition Site Bingo 12:00 Weight Watchers (Weigh-in 30 min. prior) 2:00 Garden Workshop—Registration is required</p>	<p>8</p> <p>10:00 Tai Chi @ Senior Ctr 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>11</p> <p>CLOSED</p> <p>Honoring the service of our former United States Armed Forces personnel</p>	<p>12</p> <p>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>13</p> <p>10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>14</p> <p>10:30 Nutrition Site Bingo 11:30 Sing Along with Judy and Willie 12:00 Weight Watchers</p>	<p>15</p> <p>10:00 Tai Chi @ Senior Ctr 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>18</p> <p>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>19</p> <p>9:00 Painting For Fun 11:30 SCHNC Nutrition Program 1:00 Busy Fingers Crochet</p>	<p>20</p> <p>10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>21</p> <p>10:30 Nutrition Site Bingo 12:00 Weight Watchers (Weigh-in—30 minutes prior) 2:00 Garden Workshop—Registration is required</p>	<p>22</p> <p>10:00 Tai Chi @ Senior Ctr 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p> <p>7:00 NoneSuch Playmakers "Cheaper Than Therapy" Tour</p>
<p>25</p> <p>9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>26</p> <p>9:00 Painting For Fun 11:00 MAPD Safety Program 1:00 Busy Fingers Crochet</p>	<p>27</p> <p>10:00 Tai Chi @ Senior Center 2:00 Bingo (Prize Bingo) 3:30 Shag w/Linda</p>	<p>28</p> <p>CLOSED</p>	<p>29</p> <p>CLOSED</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