



# SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

February 2025

## 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.

**Feb. 21st at 10:00 AM: Extension At Home - Food Labels Myths and Facts**

Call the senior center for the registration link.

### In Person Activities and Classes

**Cards** - We have started a card playing group that meets on Tuesdays at 1:00 PM. Any seniors are welcome to come join the fun!

**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](http://ww.com)

**Feb. 6th at 2:00 PM: Senior Center Garden Workshop with Surry Extension**

**Master Gardeners.** We will be making Fairy Gardens! Registration is required. Please call the senior center to register and to find out what you need to bring.

**Feb. 7th at 2:00 PM: Craft Class with Emily Lyon — DIY Valentines**

To register, please call the library at 336-789-5108 or the senior center at 336-415-4225.

**Feb. 13th at 11:30 AM: Sing Along with Judy and Willie**

**Feb. 20th at 2:00 PM: Community Garden Workshop/with Surry Extension**

**Master Gardeners.** We will be making Fairy Gardens! Registration is required. Please call the senior center to register and to find out what you need to bring.

Our VITA (Volunteer Income Tax Assistance) volunteers are excited about the opportunity to serve our community over the next few months by preparing taxes for free! This service is available for taxpayers of all ages. We have a limited number of appointments available.

Please call the senior center at 336-415-4225 to schedule an appointment.

**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 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](http://www.unitedfundofsurry.org)



# FEBRUARY 2025



Mon	Tue	Wed	Thu	Fri
<p>Lunch is served daily at 11:30 a.m. for Surry County residents ages 60 &amp; older.</p> <p>You must be registered. Contact <b>Susan Lawrence</b>, Nutrition Site Manager for more information. <b>(336) 415-4241</b></p>				
<p>3 <b>9:45</b> Yoga Light <b>11:00</b> Chair Exercises <b>11:00</b> Line Dance w/Jene <b>11:30</b> Facebook Group Chat <b>7:00</b> Shag w/Linda</p>	<p>4 <b>9:00</b> Painting For Fun <b>9:00</b> All Day Scrapbooking <b>11:00</b> Partner's Health <b>1:00</b> Busy Fingers Crochet <b>1:00</b> Cards</p>	<p>5 <b>10:00</b> Tai Chi @ Senior Center <b>2:00</b> Quarter Bingo <b>3:30</b> Shag w/Linda</p>	<p>6 <b>10:30</b> Nutrition Site Bingo <b>11:30</b> YVEDDI Weatherization Presentation <b>12:00</b> Weight Watchers <b>2:00</b> Garden Workshop</p>	<p>7 <b>10:00</b> Tai Chi @ Senior Center <b>11:00</b> Line Dance w/Blanche <b>1:00</b> Bowling @ Mount Airy Bowling Lanes—\$2/game <b>2:00</b> Craft Class with Emily Lyon</p>
<p>10 <b>9:45</b> Yoga Light <b>11:00</b> Line Dance w/Jene <b>11:30</b> Facebook Group Chat <b>7:00</b> Shag w/Linda</p>	<p>11 <b>9:00</b> Painting For Fun <b>1:00</b> Busy Fingers Crochet <b>1:00</b> Cards</p>	<p>12 <b>10:00</b> Tai Chi @ Senior Center <b>2:00</b> Quarter Bingo <b>3:30</b> Shag w/Linda</p>	<p>13 <b>10:30</b> Nutrition Site Bingo <b>11:30</b> Sing Along with Judy and Willie <b>12:00</b> Weight Watchers</p>	<p>14 <b>10:00</b> Tai Chi @ Senior Ctr <b>11:00</b> Line Dance w/Blanche <b>1:00</b> Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>17 <b>9:45</b> Yoga Light <b>10:30</b> Book Club <b>11:00</b> Line Dance w/Jene <b>11:30</b> Facebook Group Chat <b>7:00</b> Shag w/Linda</p>	<p>18 <b>9:00</b> Painting For Fun <b>10:00</b> Extension At Home Food Labels Myths and Facts <b>11:30</b> SCHNC Nutrition Class <b>1:00</b> Busy Fingers Crochet <b>1:00</b> Cards</p>	<p>19 <b>10:00</b> Tai Chi @ Senior Center <b>2:00</b> Quarter Bingo <b>3:30</b> Shag w/Linda</p>	<p>20 <b>10:30</b> Nutrition Site Bingo <b>12:00</b> Weight Watchers (Weigh-in 30 min. prior) <b>2:00</b> Garden Workshop - Registration is Required</p>	<p>21 <b>10:00</b> Tai Chi @ Senior Center <b>11:00</b> Line Dance w/Blanche <b>1:00</b> Writers' Group <b>1:00</b> Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>24 <b>9:45</b> Yoga Light <b>11:00</b> Line Dance w/Jene <b>11:30</b> Facebook Group Chat <b>7:00</b> Shag w/Linda</p>	<p>25 <b>9:00</b> Painting For Fun <b>11:00</b> Safety Program <b>1:00</b> Busy Fingers Crochet <b>1:00</b> Cards</p>	<p>26 <b>10:00</b> Tai Chi @ Senior Center <b>2:00</b> Prize Bingo <b>3:30</b> Shag w/Linda</p>	<p>27 <b>10:30</b> Nutrition Site Bingo <b>12:00</b> Weight Watchers (Weigh-in 30 min. prior)</p>	<p>28 <b>10:00</b> Tai Chi @ Senior Center <b>11:00</b> Line Dance w/Blanche <b>1:00</b> 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