



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

May 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.

May 20th at 10:00 AM: Extension At Home - Fry It Up: Air Fryer Essentials

Call the senior center for 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 (Weigh-in 30 minutes prior.)

For more information, please visit ww.com

NEW: Fridays at 9:30 AM: Walking Club (Meet at the yellow poles in the parking lot.)

May 6th at 10:30-1:30: Live Wise, Live Well - Event in Dobson (Free). Information, Bingo, and Luncheon! Registration is required. Please call 336-401-8025 to register!

May 8th at 2:00 PM: Senior Center Garden Workshops with Surry Extension Master Gardener, Robin Portis. Tomatoes with Ollas. Registration is required. Please call the senior center to register and to find out what you need to bring. Class size is limited.

May 14th at 3:30 PM: Older Americans Month Ice Cream Party - Registration is required!

May 15th at 11:30 AM: Sing Along with Judy and Willie

May 15th at 2:00 PM: Craft Class with Emily Lyon. See flyer for more details.

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

May 22nd at 2:00 PM: Senior Center Garden Workshops with Surry Extension Master Gardener, Robin Portis. Tomatoes with Ollas. Registration is required. Please call the senior center to register and to find out what you need to bring. Class size is limited.

May 28th at 12:15 AM: Spring Cooking Class w/Providence Kitchens-Heart Healthy Recipes. Registration is required.

May 26th: We are closed for Memorial Day

Remembering the men and women who died while serving our country.

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



MAY 2025



Mon	Tue	Wed	Thu	Fri
	<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>		<p>1 10:30 Nutrition Site Bingo 11:15 Partners Health 12:00 Weight Watchers</p>	<p>2 9:30 Walking Club 10:00 Tai Chi @ Senior Ctr. 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>5 9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>6 9:00 Painting For Fun 10:30 Live Wise, Live Well Registration is Required 1:00 Busy Fingers Crochet</p>	<p>7 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>8 10:30 Nutrition Site Bingo 12:00 Weight Watchers 2:00 Garden Workshop Registration is Required</p>	<p>9 9:30 Walking Club 10:00 Tai Chi @ Senior Ctr 11:00 Line Dance w/Blanche</p>
<p>12 9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>13 9:00 Painting For Fun 1:00 Busy Fingers Crochet</p>	<p>14 10:00 Tai Chi @ Senior Ctr. 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Older Americans Month Ice Cream Party—Registration is Required 3:30 Shag w/Linda</p>	<p>15 10:30 Nutrition Site Bingo 11:30 Sing Along with Judy and Willie 12:00 Weight Watchers 2:00 Craft with Emily Registration is Required</p>	<p>16 9:30 Walking Club 10:00 Tai Chi @ Senior Ctr. 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>19 9:45 Yoga Light 10:30 Book Club 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>20 9:00 Painting For Fun 10:00 Extension At Home 11:30 SCHNC Nutrition Class 1:00 Busy Fingers Crochet</p>	<p>21 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>22 10:30 Nutrition Site Bingo 12:00 Weight Watchers 2:00 Garden Workshop Registration is Required</p>	<p>23 9:30 Walking Club 10:00 Tai Chi @ Senior Ctr. 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game</p>
<p>26 CLOSED Memorial Day <i>Remembering the men and women who died while serving our country.</i></p>	<p>27 9:00 Painting For Fun 11:30 Safety Program 1:00 Busy Fingers Crochet</p>	<p>28 10:00 Tai Chi @ Senior Center 12:15 Spring Cooking Class Registration is Required 2:00 Prize Bingo 3:30 Shag w/Linda</p>	<p>29 10:30 Nutrition Site Bingo 12:00 Weight Watchers</p>	<p>30 9:30 Walking Club 10:00 Tai Chi @ Senior Ctr. 11:00 Line Dance w/Blanche 1:00 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