



SURRY COUNTY SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

March 2026

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.

March 10th at 12:00 PM: Extension At Home – Discover the Power of Nutrition- Offered over Zoom. Please 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

March 4th at 1:30 PM: Blood Pressure Checks

March 5th 11:00 - 2:00: Spring Into Senior Games at Fisher River Park. Come find out more about Senior Games with Free food, Senior Games demos, Prizes, etc.!

March 5th at 2:00 PM: Senior Center Garden Workshop with Surry Extension Master Gardener, Robin Portis. Pitcher Plants vs. Pesticides. Registration is required.

Class size is limited. Please call the senior center to register.

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

March 20th at 1:00 PM: Writers' Group

Our Meals on Wheels program is currently in need of “fill-in” drivers. If you could be available to serve for a couple of hours on a Tuesday morning, please reach out to Susan Lawrence at 336-415-4241. Be the highlight of someone’s day! Our Meals on Wheels volunteers don’t just deliver lunch, they deliver independence, safety and a smile!

Senior Games registration is open through the month of March. Don’t miss out on this great opportunity to meet people, have fun, and improve your physical health, all at the same time! Contact Carolyn at the senior center for a registration form.

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>

Happy 
St. Patrick's Day

Information for Services, Referrals & Assistance

Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- 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
- Legal Services
- 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



March 2026

Mon	Tues	Wed	Thurs	Fri
<p>2 9:45 Yoga Light 11:00 Line Dance 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>3 9:00 Painting For Fun 11:00 Chair Exercises 1:00 Busy Fingers</p>	<p>4 10:00 Tai Chi 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>5 10:30 Nutrition Site Bingo 11:00 Spring Into Senior Games at Fisher River Park 12:00 Weight Watchers 2:00 Garden Workshop Registration is Required</p>	<p>6 10:00 Tai Chi @ Library 11:00 Line Dance w/Blanche 1:00 Busy Fingers 1:00 Bowling @ Mount Airy Bowling Lanes \$2/game</p>
<p>9 9:45 Yoga Light 11:00 Line Dance 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>10 9:00 Painting For Fun 12:00 Extension at Home 1:00 Busy Fingers</p>	<p>11 10:00 Tai Chi 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>12 10:30 Nutrition Site Bingo 12:00 Weight Watchers</p>	<p>13 10:00 Tai Chi @ Library 11:00 Line Dance w/Blanche 1:00 Busy Fingers 1:00 Bowling @ Mount Airy Bowling Lanes \$2/game</p>
<p>16 9:45 Yoga Light 10:30 Book Club 11:00 Line Dance 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>17 9:00 Painting For Fun 11:00 Chair Exercises 11:30 Nutrition Class 1:00 Busy Fingers</p>	<p>18 10:00 Tai Chi 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>19 10:30 Nutrition Site Bingo 11:30 Sing Along with Judy and Willie 12:00 Weight Watchers</p>	<p>20 10:00 Tai Chi @ Library 11:00 Line Dance w/Blanche 1:00 Writers Group 1:00 Busy Fingers 1:00 Bowling @ Mount Airy Bowling Lanes \$2/game</p>
<p>23 9:45 Yoga Light 11:00 Line Dance 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>24 9:00 Painting For Fun 11:30 Safety Class 1:00 Busy Fingers</p>	<p>25 10:00 Tai Chi 2:00 Prize Bingo 3:30 Shag w/Linda</p>	<p>26 10:30 Nutrition Site Bingo 11:30 Partners Health 12:00 Weight Watchers</p>	<p>27 10:00 Tai Chi @ Library 11:00 Line Dance w/Blanche 1:00 Busy Fingers 1:00 Bowling @ Mount Airy Bowling Lanes \$2/game</p>
<p>30 9:45 Yoga Light 11:00 Line Dance 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>31 9:00 Painting For Fun 1:00 Busy Fingers</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.