



SURRY COUNTY SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

June 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.

June 9th at 12:00 PM: Extension At Home – Savvy Meat Cuts: Budget Better. 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

June 4th at 2:00 PM: Senior Center Garden Workshop, Busy Little Bees, with Surry Extension Master Gardener, Robin Portis - Class size is limited. Registration is required.

Please call the senior center to register and to find out what you need to bring.

June 10th at 1:30 PM: Blood Pressure Checks

June 16th at 1:00 PM: Senior Health Fair (from 1:00-3:00 PM)

June 18th at 11:30 AM: Sing Along with Judy and Willie

June 19th at 1:00 PM: Writers' Group

June 26th and 27th at 7:00 PM: NoneSuch Playmakers Presents: Mortal Wounds

Admission is by donation. See the upcoming flyer for more details.

June 28th at 3:00 PM: NoneSuch Playmakers Presents: Mortal Wounds

Admission is by donation. See the upcoming flyer for more details.

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!

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](tel:3364154225).
- **Please “Like” us on Facebook!**

<https://www.facebook.com/SurrySeniorCenter>

June 14th: Flag Day

June 19th: Juneteenth

June 21st: Father’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



June 2026

Mon	Tues	Wed	Thurs	Fri
1 9:45 Yoga Light 10:15 Bingocize 11:00 Line Dance w/Stella 11:30 Facebook Group Chat 7:00 Shag w/Linda	2 9:00 Painting For Fun 1:00 Busy Fingers	3 10:00 Tai Chi 2:00 Quarter Bingo 3:30 Shag w/Linda	4 10:30 Nutrition Site Bingo 12:00 Weight Watchers 2:00 Garden Workshop Registration is Required	5 10:00 Tai Chi @ Library 10:15 Bingocize 11:00 Line Dance w/Blanche 1:00 Busy Fingers 1:00 Bowling, \$2/game
8 9:45 Yoga Light 10:15 Bingocize 11:00 Line Dance w/Stella 11:30 Facebook Group Chat 7:00 Shag w/Linda	9 9:00 Painting For Fun 12:00 Extension at Home 1:00 Busy Fingers	10 10:00 Tai Chi 1:30 BP Checks 2:00 Quarter Bingo 3:30 Shag w/Linda	11 10:30 Nutrition Site Bingo 12:00 Weight Watchers	12 10:00 Tai Chi @ Library 10:15 Bingocize 11:00 Line Dance w/Blanche 1:00 Busy Fingers 1:00 Bowling, \$2/game
15 9:45 Yoga Light 10:15 Bingocize 10:30 Book Club 11:00 Line Dance w/Stella 11:30 Facebook Group Chat 7:00 Shag w/Linda	16 9:00 Painting For Fun 11:30 Nutrition Class 1:00 Busy Fingers 1:00 Health Fair	17 10:00 Tai Chi 2:00 Quarter Bingo 3:30 Shag w/Linda	18 10:30 Nutrition Site Bingo 11:30 Sing Along with Judy and Willie 12:00 Weight Watchers	19 10:00 Tai Chi @ Library 10:15 Bingocize 11:00 Line Dance w/Blanche 1:00 Writers Group 1:00 Busy Fingers 1:00 Bowling \$2/game
22 10:15 Bingocize 11:00 Line Dance w/Stella 11:30 Facebook Group Chat 7:00 Shag w/Linda	23 9:00 Painting For Fun 11:30 Safety Class 1:00 Busy Fingers	24 10:00 Tai Chi 2:00 Prize Bingo 3:30 Shag w/Linda	25 10:30 Nutrition Site Bingo 11:30 Partners Health 12:00 Birthday Party 12:00 Weight Watchers	26 10:00 Tai Chi @ Library 10:15 Bingocize 11:00 Line Dance w/Blanche 1:00 Busy Fingers 1:00 Bowling, \$2/game Mortal Wounds 7:00—Fri & Sat 3:00—Sunday
29 9:45 Yoga Light 11:00 Line Dance w/Stella 11:30 Facebook Group Chat 7:00 Shag w/Linda	30 9:00 Painting For Fun 1:00 Busy Fingers		 	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

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.