



SURRY COUNTY SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

September 2026

STEPtember Walking Challenge: Track your steps each week and call the senior center with your weekly total every Monday! Help us reach our goal of 6,000,000! Can we do it?

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.

September 8th at 12:00 PM: Extension At Home – Pressure Cooker Basics and Beyond –

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 www.com

September 3rd at 2:00 PM: Senior Center Garden Workshop, with Surry Extension

Master Gardener, Robin Portis – Indoor Herb Gardens - Registration is required. Please call the senior center to register and to get the details.

September 9th at 1:30 PM: Blood Pressure Checks

Bingocise will be starting back up on October 5th. Mondays and Fridays at 10:15. Call the senior center to sign up!

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.
- 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
- 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



September 2026

Mon	Tues	Wed	Thurs	Fri
	1 9:00 Painting For Fun 1:00 Busy Fingers	2 10:00 Tai Chi 11:00 Chair Exercises 2:00 Quarter Bingo 3:30 Shag w/Linda	3 2:00 Garden Workshop Registration is Required 10:30 Nutrition Site Bingo 12:00 Weight Watchers	4 10:00 Tai Chi @ Library 11:00 Line Dance w/Blanche 1:00 Busy Fingers 1:00 Bowling, \$2/game
7 Closed 	8 9:00 Painting For Fun 12:00 Extension at Home 1:00 Busy Fingers	9 10:00 Tai Chi 1:30 BP Checks 2:00 Quarter Bingo 3:30 Shag w/Linda	10 10:30 Nutrition Site Bingo 12:00 Weight Watchers	11 10:00 Tai Chi @ Library 11:00 Line Dance w/Blanche 1:00 Busy Fingers 1:00 Bowling, \$2/game
14 9:45 Yoga Light 11:00 Line Dance w/Stella 11:30 Facebook Group Chat 7:00 Shag w/Linda	15 9:00 Painting For Fun 1:00 Busy Fingers	16 10:00 Tai Chi 11:00 Chair Exercises 2:00 Quarter Bingo 3:30 Shag w/Linda	17 10:30 Nutrition Site Bingo 12:00 Weight Watchers	18 10:00 Tai Chi @ Library 11:00 Line Dance w/Blanche 1:00 Writers Group 1:00 Busy Fingers 1:00 Bowling \$2/game
21 9:45 Yoga Light 10:30 Book Club 11:00 Line Dance w/Stella 11:30 Facebook Group Chat 7:00 Shag w/Linda	22 9:00 Painting For Fun 11:30 Safety Class 1:00 Busy Fingers	23 10:00 Tai Chi 2:00 Quarter Bingo 3:30 Shag w/Linda	24 10:30 Nutrition Site Bingo 11:30 Partners Health 12:00 Weight Watchers	25 10:00 Tai Chi @ Library 11:00 Line Dance w/Blanche 1:00 Busy Fingers 1:00 Bowling, \$2/game
28 9:45 Yoga Light 11:00 Line Dance w/Stella 11:30 Facebook Group Chat 7:00 Shag w/Linda	29 9:00 Painting For Fun 11:30 Nutrition Class 1:00 Busy Fingers	30 10:00 Tai Chi 2:00 Prize Bingo 3:30 Shag w/Linda	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.