



**YVEDDI**

YADKIN VALLEY ECONOMIC  
DEVELOPMENT DISTRICT, INC.

**Mission Statement**

“To improve or maintain independent well-ness for the older adult through advocacy and vigorous programming”

**Holiday Schedule**

July 4th

Independence Day

Sept. 4th

Labor Day



# Surry County Senior Center

JULY / AUGUST / SEPT. 2017

The NoneSuch Playmakers Presents

# Hicksville

A new comedy in three acts by **Brack Llewellyn**

**Admission \$10**

Tickets available in advance at the Surry Senior Center, from cast members or at the door.

Friday, July 14th  
7:00 PM

Saturday, July 15th  
7:00 PM

Sunday, July 16th  
3:00 PM



John Hicks, a retired Air Force Colonel, wins an entire English village called Clutterbuck in a poker game. When he comes to claim his “winnings,” Hicks discovers that Clutterbuck is flat broke. The former fishing village is on the verge of extinction, and the residents are a hilarious collection of characters straight out of a “Monty Python” sketch. Can Colonel Hicks save Clutterbuck with their help? Why is there a sour-faced government official lurking in the shadows? And what in the world is a Rhubarb-Gram? “Hicksville” will leave you laughing and have you cheering for the oddball citizens of Clutterbuck!

*This play contains mature themes and some language that some may find offensive. It is not recommended for children under the age of 13.*

A portion of the proceeds will benefit the YVEDDI Senior Centers of Surry County



**YVEDDI**  
YADKIN VALLEY ECONOMIC  
DEVELOPMENT DISTRICT, INC.

The L. H. Jones Auditorium 215 Jones School Road | Mount Airy, NC 27030 (336) 786-6155

## MOUNT AIRY CENTER

### MONDAYS

- 10:00am: Yoga Lite (Conf. Room)  
11:15am: Dance Mix w/Tracie (Conf. Room)  
12:30PM: Granite City Kickers (dance) (Conf. Room)  
1:30pm: Scrap-a-Lattes (scrapbooking) (Rm. 205)  
7:00pm: Shag Dance practice (when lessons are not in session) (Conf. Room)

### TUESDAYS

- 9:00am: Painting with Phyllis (Room 205) \$  
1:00pm: "Busy Fingers" Crochet (Room 205)  
7:00pm: Ballroom Dance practice (Conf. Room) \$

### WEDNESDAYS

- 10:00am: Blended Bingo (Room 205)  
10:00am: Tai Chi (Conf. Room)  
12:00pm: Line Dance with Blanche (Conf. Room)  
1:00pm: Recycled Teenagers Senior Bowling (Mount Airy Lanes-off site) \$  
3:30pm: Shag Dance practice (when lessons are not in session) (Conf. Room.)  
7:00pm: Friends of Dance (Conf. Room.)

### THURSDAYS

- 9:30am: Bridge Club (Room 204)  
12:00pm: "Silver Voices" Senior Choir (Rm. 212)  
1:00pm: Open Cards (Rook, etc) (Room 204)  
7:00pm: Ballroom Dance Class (Conf. Room)

### FRIDAYS

- 10:00am: Tai Chi (held off site at the Mt. Airy Public Library)

### SUNDAYS

- 7:00pm: Mayberry Squares (Square Dancing) (Conf. Room)

### MONTHLY ACTIVITIES/EVENTS

- 2nd Thursday, 7:00pm: Narcolepsy Support Group, Room 204  
2nd Thursday, 10:00am: NCDHHS Deaf/Hard of Hearing Equipment Sessions, Room 205  
3rd Thursday, 11:30am: "Chapters" Book Club, Room 205  
3rd Thursday, 6:00pm: Compassion Circle Support Group, Rooms 204 & 205  
1st Friday, 1:00pm: Writers' Group, Room 204  
Mayberry Mad Hatters (times and locations vary; call us for information)

## Free Drop-In Activities

Available at the Mount Airy Center during regular center hours

- Public computers with internet access
- Board games
- Television with local channels and DVD player
- Magazines
- Puzzles
- Playing cards (Rook, bridge, etc.)
- Access to the Family Resource Center gymnasium (when scheduled activities are not taking place)

### ACCOMMODATION STATEMENT

For accommodations for persons with disabilities, contact the Senior Center at (336) 786-6155 extension 225, no fewer than five business days before the event.

## PILOT MOUNTAIN SATELLITE CENTER

### MONDAYS

- 12:00pm: Knitting Group  
12:30PM: Quilting Club

### TUESDAYS

- 12:00pm: Rook Club  
1:00pm: Dance Mix with Tracie

### WEDNESDAYS

- 10:30am: Tai Chi with Rick Baudino (held offsite at the Living Room)

### THURSDAY

- 12:30pm: Bridge Club

### MONTHLY ACTIVITIES/EVENTS

- 2ND Friday: Potluck Lunch, 11:30am

**Pilot Mountain Center Project Specialist:** Shirley Key

**Phone number:** (336) 368-2012 ext. 203

**Fax number:** (336) 368-4115

**Email:** [pmseniorcenter@yahoo.com](mailto:pmseniorcenter@yahoo.com)

**General Operating Hours:** Mon-Fri. 10:00am to 3:00pm

# Volunteer Spotlight



**Front row, left to right:** Jane Tucker, Olivia Jessup, Angela Llewellyn, Cindy Marion

**Back row, left to right:** Brack Llewellyn, Director, Jessica Llewellyn, Billie Jo Smith

**Not pictured:** crew members Todd Jessup, Kristie McMillian, Brian Greene, Jake Pack, and Madison McMillian

## Volunteer Spotlight On...

This time our Volunteer Spotlight is on the cast and crew of the play, *Steel Magnolias*. This wonderful and timeless play, written by Robert Harling and directed by our own Brack Llewellyn, was performed in May as a fundraiser for the Surry Senior Centers.

The NoneSuch Playmakers and the Surry Senior Centers have collaborated many times in the past years to raise funds for the senior centers. Brack Llewellyn, the “founder” of the NoneSuch Playmakers, and a former Surry Senior Center Director, is gracious to offer his time and his talent to entertain the public along with helping the senior center.

Many of the same cast members will be performing in the upcoming comedy, written by Brack Llewellyn, *Hicksville* which they will be performing at the L. H. Jones Auditorium in July.

Many thanks to Brack and the NoneSuch Playmakers for supporting the Surry County Senior Centers and for providing entertainment to our community.

## Best Ways to Stay Informed

Supply your email address to receive friendly reminders by email.

Find us on Facebook. Simply log onto Facebook, search for “YVEDDI Surry Senior Centers” and click on the “like” button.

Visit our website: [www.yveddi.com](http://www.yveddi.com)

Look for articles and announcements in The Mt. Airy News and The Pilot Newspaper.

Listen for announcements on local radio stations such as WSYD, WIFM & WBRF

Look for announcements on the local Time Warner Cable Channel.

Follow us on Twitter at [twitter.com/SurrySnrCtrs](https://twitter.com/SurrySnrCtrs)



**[www.NC211.org](http://www.NC211.org)**

Need Help, But Don't Know Where To Turn?

**DIAL 2-1-1**

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### Your connection to:

- Basic Needs (food, clothing, shelter)
- Child Care Services
- Consumer Help
- Counseling
- Crisis Intervention
- Health Care
- Housing
- Senior Services
- Support Groups
- Volunteer Opportunities

# Senior Fun Day

for ages 55 and older

Friday, September 8, 2017  
12:00 to 2:00 p.m.

Faith Baptist Church Fellowship Hall

217 Faith Baptist Church Rd, Mount Airy, NC 27030 (beside Franklin Elementary School)

No admission fee



Live Entertainment by

**Dennis Tolbert Band** (A Local Favorite)

Special Guest, Bob from 109 U-Pull-It!



Grand Prize includes a beautiful rocking chair  
donated by Brannock & Hiatt Furniture

Sponsored by



Hosted by



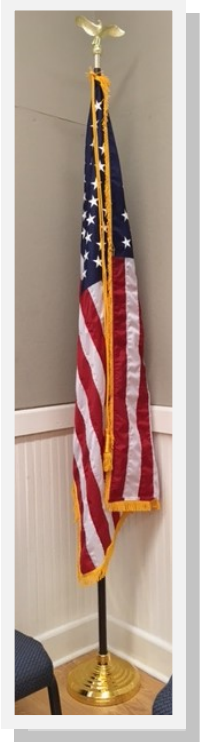
YVEDDI Surry Senior Center



Door Prizes • Goodies • Refreshments • Contests

The Surry Senior Center is very grateful to the **Mount Airy Kiwanis Club** for their generous donation of a beautiful American flag and flag stand that is proudly residing in the conference at the Jones Family Resource Center.

THANK YOU!



Interested in a  
Veteran's Support Group?  
Please let us know!  
Call (336) 786-6155 ext. 225



## Life Line Screenings Offered September 29th

Life Line Screening, a leading provider of community-based preventive health screenings, will offer their affordable, non-invasive and painless health screenings at Surry County Senior Center.

Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis.

Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete.

In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit [www.lifelinescreening.com/communitycircle](http://www.lifelinescreening.com/communitycircle) or text the word circle to 797979



**Shag Dance practice** is held every Monday at 7:00 pm and every Wednesday at 3:30 pm in the Conference Room at the Jones Family Resource Center.

This is a great opportunity to brush up on your dance moves and to even learn how to shag.

### Rental Space Available

The YVEDDI L.H. Jones Family Resource Center located at 215 Jones School Road in Mount Airy is seeking occupants for several available office spaces.

Lease fees are based on cost sharing of monthly expenses.

Non-profit agencies that would enhance the services provided by current occupants should contact Bristol Mitchem at (336) 786-6155 ext. 222.

**Call and schedule your tour today!**

Available Spaces: 280 sq. ft. / 615 sq. ft. / 553 sq. ft.

### VIP (Visually Impaired Support Group)

VIP is a non-profit organization that aids the blind and visually impaired along with all those with handicaps that need support. The group tries to meet quarterly at the Jones Family Resource Center on the second Thursday. Lunch begins at 11:00am, followed by a meeting, special speakers, games like Bingo or an open forum. VIP always welcomes new faces.

There is no charge to participate. They do not solicit donations. VIP is run on friendship and blessings.

To learn more about VIP contact Beth Bowman at 336-648-0802

### Donations to the Surry County Senior Center

*Consumers donations are accepted, appreciated, and are tax-deductible.*

*Donations are entirely voluntary and there is no obligation to contribute.*

*Donations collected will be used to expand our services.*

*Clients' participation in consumer donations shall be confidential.*



Katherine Rose-Plum and Dot Shikenjanski are already harvesting crops from their garden in Peabody's Patch! These ladies definitely have a green thumb.

### Hearing Impaired Equipment Sessions

The NC Division of Services for the Deaf and Hard of Hearing schedule for this quarter is:

**July 13th**

**August 10th**

**September 14th**

The sessions begin at **10:00am** in **Room 205** at the Senior Center in Mount Airy.

**To schedule an appointment, call the NCDHHS Greensboro Regional office at 336-273-9692.**



Anyone who is interested in joining the Mayberry Madhatters, the Surry Senior Center's Red Hat Group, please contact Jane Surratt at (336) 786-6155, ext. 225



## 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

**By Mail:**

United Fund of Surry  
PO Box 409, Mount Airy, NC 27030

**In Person:**

182 West Independence Blvd  
Mount Airy, NC 27030

**Contact:**

[office@unitedfundofsurry.org](mailto:office@unitedfundofsurry.org)  
[www.unitedfundofsurry.org](http://www.unitedfundofsurry.org)

**Want Friendly Reminders?**

The Surry Senior Center has an email address book for updates and announcements.

Send an email to [jsurratt@yveddi.com](mailto:jsurratt@yveddi.com) with "ADD TO EMAIL LIST" in the subject heading to be added to our list. You can unsubscribe at any time.



**Questions about Medicare?  
SHIIP can help! 855-408-1212**

The Seniors' Health Insurance Information Program (SHIIP) is available to help you work through your Medicare options. If you have any questions or concerns call SHIIP at **1-855-408-1212**. **One-on-One Insurance Counseling** is available at the Surry Senior Center through **SHIIP** upon request. The Senior Center can assist in making these appointments. (*Appointments subject to the availability of a certified SHIIP Counselor.*)

**Prescription Drugs:** Medicare beneficiaries may be eligible for the federal Extra Help/Low Income Subsidy program if he/she has limited income and resources. Seniors may apply online at [www.socialsecurity.gov](http://www.socialsecurity.gov), or contact the SHIIP office. The Senior Center can assist you with completing the on-line application process or with a paper application or contact:

NC Cooperative Extension Service in Dobson  
(336) 401-8025

Mount Airy Satellite Site in the Human Services Building  
(336) 783-8500

**Service Connections:** The center has a system that connects older adults to a broad range of services that are available by providing information and referral for regional, state, and/or national resources. Please call the center if you need information, referral or assistance with any of the following services:

- Health Screenings
- Senior Games
- Legal Services
- Caregivers Class
- Housing Assistance
- Home Repair/Modification
- In-home Aide Services
- Social Security Benefits
- Congregate Meals/Home Delivered Meals
- Disaster Services
- Fitness & Health Promotion
- Tax Preparation/Counseling
- Transportation Medical/General
- Family Support Groups
- Reverse Mortgage Counseling
- Home Health Services
- Medicaid Benefits/Medicare Benefits
- Food Distribution
- Adult Day Care/Day Health
- Durable Medical Equipment/Assistive Devices
- Long-term Care
- Facilities Rehabilitation Services
- Mental Health
- Insurance Counseling/SHIIP
- Telephone Reassurance
- Job Training/Placement
- Energy Assistance
- Respite
- Report Suspected Abuse, Neglect, or Exploitation
- Hospice Care

# FIRE UP THE GRILL!



And the WINNER is...

**Steve Wilmoth**

This fundraiser netted \$1,576  
All proceeds benefit YVEDDI  
Meals-on-Wheels of Surry County



We are very proud of Susan Lawrence for coming up with this fundraiser and implementing it so well!

And a BIG Thank You to Mount Airy Meat Center!

## Welcome to MEDICARE

Attend a FREE Educational Seminar

Come learn more about starting Medicare and understanding all of the options that are available to you.

Anyone is welcome to attend, though space is limited.

These are not sales presentations. Our "Welcome to Medicare" seminars are strictly educational in nature and are specifically designed to be short, informative and easy to understand.

**July 21, 2017 10:00 AM**

**September 15, 2017 10:00 AM**

For more information, please call  
(336) 786-6155 ext. 225



The kids at the Jones Family Resource Center Summer Program are learning about entrepreneurship. They have set up a lemonade stand and the profits will go to benefit the Shepherds House in Mt. Airy.

Please come by the Jones Family Resource Center and have a cup of this delicious lemonade and show these young entrepreneurs how much you appreciate their hard work.

## SLOWED-COOKED SMOKIES



Slowed-Cooked Smokies Recipe photo by  
Taste of Home

### INGREDIENTS

- 1 package (14 ounces) miniature smoked sausages
- 1 bottle (28 ounces) barbecue sauce
- 1-1/4 cups water
- 3 tablespoons Worcestershire sauce
- 3 tablespoons steak sauce
- 1/2 teaspoon pepper

### DIRECTIONS

In a 3-qt. slow cooker, combine all ingredients. Cover and cook on low for 5-6 hours or until heated through. Serve with a slotted spoon. Yield: 8 servings.

Slowed-Cooked Smokies Recipe by  
Taste of Home

**Thank you to the following organizations who made the 2017 Yadkin Valley Senior Games, not only possible but a great success:**

- Armfield Civic & Recreation Center
- Community & Agency Volunteers
- Elkin Parks & Recreation
- Home Instead Senior Care
- Humana
- Moody Funeral Service
- Mount Airy Parks & Recreation
- Mountain Valley Hospice
- NC Cooperative Extension
- Northern Wellness and Fitness
- Ridgecrest Retirement Community
- SHIIP Program
- Senior Games Ambassadors
- Surry Community College
- Surry Drug
- Surry County Parks & Recreation
- Yadkin Cultural Arts Center
- Yadkin County YMCA
- Yadkin County Parks & Recreation
- Yadkin County Human Services
- YadTel
- YVEDDI
- *East Bend Senior Center*
- *L. H. Jones Family Resource Center*
- *Senior Centers of Surry County*
- *Surry County RSVP*
- *Yadkin County Senior Center*
- *Yadkin Valley Senior Center*



## Watercolor Classes

Mondays  
10:00 AM - 12:00 PM  
September 11th, 18th & 25th, 2017  
October 2nd, 2017

\$60 fee includes all supplies  
(Refunds are not given for missed classes.)

Adults of any age or artistic experience are welcome

### **Reservations Requested**

Contact Andrea Morrison at (276) 755-3040 or  
[rtstbrush@hotmail.com](mailto:rtstbrush@hotmail.com)

We focus on using watercolor paint on drawn or traced subjects and learn techniques for making corrections.

### **Senior Advocacy:**

Check out the **Advocacy Bulletin Board** at the center. Current contact information for all Surry County elected officials is available for your use along with current election calendars and information.

Voter registration forms are available for you at the center. You may pick one up free of charge and fill it out on your own or assistance is available if needed.

## **YVEDDI Surry Senior Centers**

215 Jones School Road  
Mount Airy, NC 27030

For more information about any Senior Center event, activity or program, please contact:

Jane Surratt, Manager  
Phone: 336.786.6155 ext. 225  
[jsurratt@yveddi.com](mailto:jsurratt@yveddi.com)  
Fax: 336.786.1951

Pilot Mountain Senior Center  
Edward M. Armfield, Sr. Civic and Recreation Center  
873 Old US 52 Bypass  
Pilot Mountain, NC 27041

Shirley Key, Project Specialist  
Phone: 336.368.2012 x 203  
Fax: 336.368.4115  
Email: [pmseniorcenter@yahoo.com](mailto:pmseniorcenter@yahoo.com)

Advertising space is available in this newsletter.

**Low Rates!**

Call 786-6155 x225 for prices.

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HERE**



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JOURNEY WITH  
US...**



**YVEDDI PUBLIC TRANSPORTATION**

The **Surry • Yadkin Connector** Operates

Monday - Friday

7:00 AM - 6:00 PM

**Call 336-679-2071**

**Only \$2.00 per trip**

*Anyone can ride!*



Home is more than a place to stay! It is your favorite chair, your beloved pet, your treasured memory of someone you love. Today more people are choosing to receive care in the privacy of their own home. We are a locally owned and operated in-home aide agency with your satisfaction as our goal. From light housekeeping, medication reminders, errands, assistance with walking, and meal preparation to help with bathing and feeding, your plan of care is designed with you in mind to as-sure your needs are met.

**Call today! 336-789-2273**

Disclaimer: The information in this newsletter is for informational purposes only. The Surry County Senior Centers does not endorse any products, programs or services that are presented. Every individual is responsible for making informed decisions regarding these services, programs or products.

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[www.mtnvalleyhospice.org](http://www.mtnvalleyhospice.org)

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Elkin, NC • Yadkinville, NC • Hillsville, VA • Stuart, VA



172 West Independence Blvd.  
Mt. Airy, NC 27030

Whether you are looking for someone to help you or a loved one a few hours a week, or need more comprehensive assistance, Home Instead can help.

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Call for a free, no-obligation appointment **336.789.4472**