

Surry County Senior Center

JAN. / FEB. / MARCH 2018

Happy New Year!

Mission Statement

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

Holiday Schedule

January 1st
New Year's Day

January 15th
Martin Luther King, Jr. Day

March 30th
Good Friday

18th ANNUAL

Yadkin Valley Senior Games



And Silver Arts

REGISTRATION: February 1 - March 31, 2018 (on paper)
 March 1st - March 31, 2018 (on paper, or online)
 TO REGISTER ONLINE, VISIT: torch.ncseniorgames.org
 TO REGISTER ON PAPER, VISIT ONE OF THE LISTED REGISTRATION SITES. YOU MAY ALSO MAIL FORM TO YOUR LOCAL COORDINATOR AT THE ADDRESS BELOW.

COST: \$10.00
 Includes t-shirt, goody bag, snacks/meals at events, medals, and sports/arts events. (There are additional fees for Golf and Bowling events and \$0.75 extra for online registration).

OPENING CEREMONY: April 27th, 2018
SILVER ARTS PROGRAM: June 7th, 2018
 *All other activities will be held between April 27-June 7

- REGISTRATION SITES**
- Surry County Parks and Recreation
 - Armfield Civic and Recreation Center
 - East Bend Senior Center
 - Elkin Recreation and Parks Department
 - Mount Airy Parks and Recreation Department
 - Northern Wellness and Fitness
 - Senior Centers of Surry County
 - Yadkin County Parks and Recreation
 - Yadkin County Senior Center
 - Yadkin Valley Senior Center
 - Yadkin County YMCA
 - Yadkin Cultural Arts Center

Yadkin Valley Senior Games
 Coordinator: Bradley Key
 Surry County Parks and Recreation,
 122 Hamby Road, Dobson, NC 27017
 Phone: (336) 401-8235
 E-mail: keyb@co.surry.nc.us

Humana.



Visit www.ncseniorgames.org for more information on the Senior Games Program, including the **OFFICIAL RULES** of the North Carolina Senior Games.

This program is sanctioned by North Carolina Senior Games, Inc. NCSG, Inc. is sponsored statewide by the North Carolina Division of Aging and Adult Services.



MOUNT AIRY CENTER

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

THURSDAYS

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

FRIDAYS

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

SUNDAYS

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

MONTHLY ACTIVITIES/EVENTS

2nd Thursday, 7:00 pm: Narcolepsy Support Group, Room 204

2nd Thursday, 10:00 am: NCDHHS Deaf/Hard of Hearing
Equipment Sessions, Room 205

3rd Thursday, 11:30 am: "Chapters" Book Club, Room 205

3rd Thursday, 6:00 pm: Compassion Circle Support Group,
Rooms 204 & 205

1st Friday, 1:00 pm: Writers' Group, Room 204

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

11:15 Breathe, Stretch, Balance, and Relax

12:00 pm: Knitting Group

12:30 pm: Quilting Club

TUESDAYS

12:00 pm: Rook Club

1:00 pm: Dance Mix with Tracie

WEDNESDAYS

11:00 am: Tai Chi with Rick Baudino

THURSDAY

12:30 pm: 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

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

Raffle

Handcrafted birdhouse, made and donated by John Wetmore



\$2 per ticket or 3 tickets for \$5

All proceeds go to the Surry County Senior Centers

Drawing of the winning ticket will be June 13, 2018

Tickets can be purchased at the Surry County Senior Center and at the Pilot Mountain Senior Center.

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.

FREE Tax Preparation at our VITA Public Library sites!

The Volunteer Income Tax Assistance Program (VITA) is a free, IRS-sponsored program to help low and middle-income workers have their federal and state personal income taxes prepared and filed electronically at no cost.

Gross household income less than \$54,000

By appointment only!

Please call for an appointment.

Alleghany County Public Library (336) 372-5573

Boonville Public Library (336) 367-7737

East Bend Public Library (336) 699-5100

Elkin Public Library (336) 835-5586

Yadkin County Public Library (336) 679-8792

Volunteer Spotlight

On...



This time our Volunteer Spotlight shines on the many generous people who took an "ornament" from the Home Instead Senior Care "Be a Santa to a Senior" tree which was located in the conference room at the Jones Family Resource Center during the 2017

Christmas season. The senior center manager put the tree up on a Tuesday with the "ornaments" and by Friday of the same week, all of the ornaments had disappeared. Thanks to the many caring people of Surry County, including the Surry County Senior Center and the Jones Family Resource Center, over 400 Christmas gifts were taken to senior citizens of Surry County who might not otherwise receive a Christmas gift. The photo shows just a few of the gifts that were taken to homebound or nursing homebound seniors. Many heartfelt thanks to those of you who participated in this endeavor. Please know that you made a senior happy for Christmas.

Want Friendly Reminders?

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

Send an email to jsurratt@yveddi.com with "ADD TO EMAIL LIST" in the subject heading to be added to our list.

You can unsubscribe at any time.



Garden Meeting
Tuesday, February 27th

The new year means that gardening time is just around the corner! If you'd like to participate in our Senior Center Community Garden in 2018, plan to attend our first meeting on Tuesday, February 27th at 1:30pm at the Senior Center in Mount Airy. Our Master Gardener and advisor Mr. Joe Sloop will be on hand to share his wisdom with us as we begin a new growing season in "Peabody's Patch" on the Family Resource Center campus. We welcome our returning gardeners as well as anyone interested in participating in Spring of 2018.

Hearing Impaired
Equipment Sessions

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

January 11th
February 8th
March 8th

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.



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



www.NC211.org

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

DIAL 2-1-1

Free ▪ Confidential ▪ 24 Hours a Day ▪ Any Language

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



Join Us...

**JUBILEE: 50 YEARS of PROGRESS
1968-2018**

We Have Come This Far By Faith

The Surry County Senior Center is collaborating again with the National Association of University Women to celebrate Black History Month (February).

Thursday, February 22nd at 2 pm

Location: Jones Auditorium



Congratulations to Shirley Key, Project Specialist at the Pilot Mountain Senior Center for successfully completing her training and becoming certified and designated as a Community Advisory Committee Volunteer for the NC Long-Term Care Ombudsman Program.



CONNECTED

Retired & Senior Volunteer Program (RSVP) Telephone Reassurance Program

This program matches trained volunteers with Meals-on-Wheels recipients who call the home-bound senior at a scheduled time to make sure he or she is healthy and safe and provide connections to resources for meeting urgent needs.

Program Services

- **A brief telephone call to a homebound person**
- **Calls may be made up to 5 days a week, Monday through Friday**
- **Calls are made by friendly, trained volunteers**
- **This service is offered at no cost to the client but contributions are accepted.** There is no obligation to contribute. Contributions are entirely voluntary. Calls will not be reduced or terminated for failure to contribute. Contributions or lack of contributions is confidential.
- **If the recipient does not answer the phone, a procedure of safety checks is followed before emergency response system (911) is activated**

If you would like to participate in this program please contact (336) 786-6155 ext. 224.

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.*

So proud of YVEDDI Senior Services team member Susan Lawrence for achieving a 100 on the sanitation score at the Mount Airy Nutrition Site! Great job Susan!



INCLEMENT WEATHER POLICY
 The Senior Center follows the same inclement weather closings and delays as the City of Mount Airy School System.



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:

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> ▪ 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 | <ul style="list-style-type: none"> ▪ 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 | <ul style="list-style-type: none"> ▪ 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 |
|--|--|--|

Scrapbooking

Every Monday at 1:30 PM

Come and have fun with the
"Scrap-a-lattes"

Surry Senior Center
 215 Jones School Road
 Mount Airy, NC

Ukulele "Class and Sing Along"

Beginning January 24th
 Every 2nd and 4th Wednesday

11:00 AM - 12:00 PM

We'll gather to play and sing familiar songs.

Ukulele instruction will be offered to beginners by Dot Shikenjanski (Bring a tenor, concert, or soprano uke) Experienced musicians welcome. Come sing, even if you don't play.

Surry County Senior Center
 Room 204
215 Jones School Road • Mount Airy, NC 27030
 (336) 786-6155 ext. 225

2018 Yadkin Valley Senior Games

Registration forms for the 2018 Yadkin Valley Senior Games will be available in late February 2018.

You may pick the forms up at the Mt. Airy Senior Center located in the Jones Family Resource Center as well as the Pilot Mountain Senior Center in the Armfield Center in Pilot Mountain.

Open registration will take place in Mt. Airy at the next senior bowling league luncheon on March 14th at the bowling lanes in Mt. Airy.



Interested in a Veteran's Support Group?

Please let us know!
 Call (336) 786-6155 ext. 225

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, 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



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
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

**2018
5K/10K
WALK/RUN**
FOR YVEDDI MEALS ON WHEELS

**DRAGON SLAYERS
SURRY COUNTY**

SUPPORT YOUR LOCAL FIREFIGHTERS

Help eliminate food
insecurity for our
Seniors in Surry County

(336) 367-3531

Sponsored by Dragon Slayers

All proceeds will go to the Surry
County Meals on Wheels Program

MARCH 24, 2018

10K - 8:00 AM
5K - 8:15 AM

Facebook: [www.facebook.com/
DragonSlayers5k/10kforSurryMealsonWheels](http://www.facebook.com/DragonSlayers5k/10kforSurryMealsonWheels)

Start Location: Folger Street beside City Park • Dobson, NC

Saturday

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.





Life Line Screenings Offered March 5th

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 or text the word circle to 797979

CHILI'S IS PROUD
TO SUPPORT



more GIVING BACK happens here

Surry County Senior Center

Let Chili's do the cooking while we support Surry County Senior Center at the same time.

With each table that lets their server know they are at Chili's for Surry County Senior Center on Wednesday 3/21, Chili's will donate 10% of the event day sales back to this great organization.

The Surry County Senior Center Give Back Event is:
March 21st, 2018
from 11 am - 10 pm
only at:
Mount Airy
2101 Rockford St
Mount Airy, NC 27030-5205
336-789-4199 - www.chilis.com

We look forward to seeing you at Chili's!

Offer only valid on the date and location stated above. Donations will not be given on sales made prior to or past this date. 10% of the event sales only includes those tables that inform their server about the Give Back Event



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 www.unitedfundofsurry.org



Annual Valentine Dance

Let's Dance!!

The Pilot Mountain Senior Center would like for you to celebrate Valentine's Day with us.

FRIDAY, FEBRUARY 16TH
FROM 7:00 PM UNTIL 9:00 PM

Music will be provided by the popular Stan Bobbitt Band.

Light refreshments will be provided.

Admission to the Valentine Dance is only \$5.00 per person.

For more information, call Shirley Key at 336-368-2012, ext. 203.

The Pilot Mountain Senior Center is located in the Armfield Civic and Recreation Center, 873 Highway 52 Bypass, Pilot Mountain.

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
- 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



Watercolor Classes

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

\$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

Mondays

9:30 AM - 12:30 PM

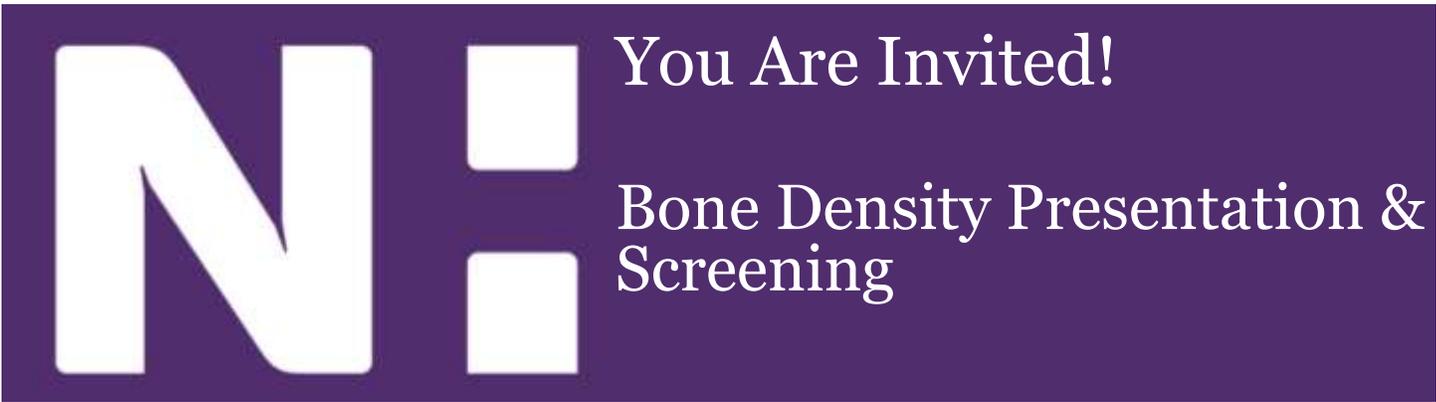
January 8th, 22nd, 29th and

February 5th, 2018

L. H. Jones Family Resource Center
215 Jones School Road • Mount, Airy, NC 27030

(336) 786-6155





You Are Invited!

Bone Density Presentation & Screening

Event Details

Bone Density Presentation & Screening

Novant Health Osteoporosis Clinic and Novant Health Forsyth Medical Center Fragility Fracture services liaison will present free education on osteoporosis, including diagnosis, treatment & prevention, and fall prevention.

Presenters of this Osteoporosis event are Kevin Colston, LPN, CBDT, and Shelley Atkins, BSN, MHA. Kevin has been a nurse for over 20 years, having spent the last 2 ½ years with the Novant Health Osteoporosis Clinic. He is responsible for patient education, administration of osteoporosis medications, and also performs x-ray densitometry for their patient population.

Shelley has been a nurse for 22 years. Since 2013, she has served as the Novant Health FMC Fragility Fracture Coordinator. She works with patients in the hospital, providing osteoporosis education, and also does community outreach & education on osteoporosis.

Friday, January 26, 2018

Presentation begins at 11:00 a.m.

Bone Density Screenings from 12:00-2:00 p.m.

Pilot Mountain Senior Center

873 Old US 52 Bypass

Pilot Mountain, NC 27041

Contact Shirley Key at (336) 7368-2012 ext. 203

Thursday, March 15, 2018

Presentation begins at 10:30 a.m.

Bone Density Screenings from 12:00-2:00 p.m.

Surry County Senior Center

215 Jones School Road

Mount Airy, NC 27030

Contact Jane Surratt at (336) 786-6155 ext. 225

It is very important that you attend the presentation. The presentation will take about 30 minutes and will include very valuable information about fall prevention, bone loss, etc.



Weatherization Assistance Program

The Weatherization Assistance Program operated by Yadkin Valley Economic Development District, Inc. (YVEDDI) is designed to help low-income people particularly the elderly and the disabled, overcome the high cost of energy, through the installation of weatherization or energy conservation measures - at no cost.

Heating Appliance Repair and Replacement Program (HARRP)

HARRP is used in conjunction with the Weatherization Program. The Department of Energy has designated funds to assist low-income households with the repair or replacement of an existing heating system.

For more information or to find out if you are eligible, call (336) 367-3535



Each quarter, we publish a beautiful and informative newsletter for the Surry County Senior Center. The newsletter is the product of the events that I plan, along with the information that I gather, which I think will be helpful to our seniors. I would like the recipients of the newsletter to know that I could not do this by myself.

I then send all this information to Donna K. Rutledge, Communications Specialist for YVEDDI, who uses her magic to put it all together, into the eye-catching, easy to read and understand publication that you receive. She offers suggestions on the wording of the commentary, suggests news-worthy topics, and of course she checks my spelling. Donna also creates all the posters/fliers for our events.

Thank you, Donna, for all your help and hard work.

Jane Surratt, Manager of the Surry County Senior Centers



We will have a beginners shag class starting at the end of March.

This will be a 6 week course.

The class will be held on Monday nights from 7 pm until 8 pm.

As of this time, we don't have the exact dates of the class.

There will be a small fee for the course.

Call Jane Surratt at the Surry Senior Center for more information.

\$2.00 each **\$2.00 each**

RAFFLE

Tickets on Sale Now!

\$500 gift certificate

From Foothills Meat Center

Tickets available at: Pilot Mountain Nutrition Site, Mount Airy Nutrition Site, East Bend Nutrition Site, Yadkinville Nutrition Site, Jonesville Nutrition Site, YVEDDI District Office and Foothills Meat Center

Drawing will be held: **THURSDAY** **JUNE 28**

All proceeds benefit the YVEDDI Meals-on-Wheels Program

The Pilot Mountain Senior Center will hold a Senior Health Fair on Friday, March 23rd from 9 am until 12 pm.
 Armfield Civic and Recreation Center
 873 Highway 52 Bypass • Pilot Mountain



2017 Reindeer Hop
Christmas Dance



THE NONESUCH PLAYMAKERS, in partnership with the YVEDDI Senior Center of Surry County present...

Random acts of Laughter

2 One-Act Comedies from the NoneSuch Playmakers

Party Game

AND

Bestseller

ONE PERFORMANCE ONLY!

FRIDAY MARCH 2nd at 7:00pm

The Jones Family Resource Center Conference Room
215 Jones School Road, Mount Airy, NC

ADMISSION \$10 TICKETS AVAILABLE AT THE DOOR

The Playmakers will donate a portion of their proceeds to the work of **TINY TIGERS RESCUE of Toast, NC.** [homeofthefinytigers.com]

Many thanks to the following people, organizations, and businesses for providing door prizes for our 2017 Reindeer Hop Christmas Dance.

- Advance Auto Parts Store on Hwy 601
- B & M Wholesale
- **Barney's Café**
- Brannock & Hiatt Furniture
- **Chili's of Mt. Airy**
- Factory Downtown
- **Hutchen's Laundry and Cleaners**
- Jane Surratt
- Laser Lube & Service Center
- **Lowe's Home Improvement of Mount Airy**
- Mayberry Embroidery
- Mayberry Country Store
- Mayberry Primitives & Embroidery
- Mount Airy Parks & Recreation
- Northern Hospital of Surry County
- Renfro Hosiery
- Rita Johnston
- Senior Tarheel Delegates, Hazel Wilmoth & Marsha Lowery
- Starbucks of Mount Airy
- Surry County Parks & Recreations
- Traci Artim
- **Walker's Soda Fountain**
- Willow Creek Crossing



START YOUR
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!



YOUR AD
HERE



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 assure your needs are met.

Call today! 336-789-2273

YOUR AD
HERE



Mountain Valley
Hospice & PALLIATIVE CARE

you have a choice . . .
we can help



789-2922

www.mtnvalleyhospice.org

We're here for you 24/7

Mount Airy, NC • Pilot Mountain, NC • Dobson, NC (Hospice Home)
Elkin, NC • Yadkinville, NC • Hillsville, VA • Stuart, VA

Advertising space is available
in this newsletter.

Low Rates!

Call 786-6155 x225 for prices.

YOUR AD
HERE

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.

WHEN IT COMES TO MEDICARE, YOU HAVE CHOICES.



find the best plan to fit
your healthcare needs.

**Speak with a licensed agent and get
answers to your Medicare questions
today!**

**The Medicare Store
336-266-4558
124 W. Kapp Street
Dobson, NC 27017**



We work for you.

As your independent healthcare resource, we have a relationship with many of the Medicare insurance companies in your area. We can help you shop and compare all of the available plans so that you can make an informed decision.



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.

- Companionship
- Meal Preparation
- Light Housekeeping
- Medication Reminders
- Incidental Transportation
- Shopping & Errands

172 West Independence Blvd.
Mt. Airy, NC 27030

Call for a free, no-obligation appointment 336.789.4472