



# Surry County Senior Center

A Quarterly Publication for Participants, Staff, and Community

JANUARY / FEBRUARY / MARCH 2020

## 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.

## Holiday Schedule

January 1st  
New Year's Day

January 20th  
Martin Luther King, Jr.

March 3rd  
Closed due to Voting



## Let's Garden!

Garden Meeting  
Tuesday, February 25, 2020

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 2020, plan to attend our first meeting on Tuesday, February 25th at 1:00pm at the Senior Center in Mount Airy. Our Master Gardener and advisor Glenda Nixon will be on hand to share her 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 2020.

215 Jones School Road  
Mount Airy, NC 27030  
(336) 786-6155



## Santa To A Senior

Home Instead Senior Care, has for several years, partnered with many businesses and organizations in the community to help provide senior citizens in our community with Christmas gifts. These seniors may not otherwise receive a Christmas gift.

We are so grateful to Van and Anne Lankford of Home Instead Senior Care of Mount Airy for including our Mount Airy homebound seniors in the **2019 "Be a Santa to a Senior" program again.**

More than 500 Surry County seniors were being served this year who might not otherwise had anything for Christmas.

Thank You!





**Veteran's Appreciation Program**  
held on November 13, 2019 in  
the L.H. Jones Auditorium



Mount Airy Police Department  
Bringing of the Colors

Millennium Charter Academy Choir,  
Danielle Davis, Rodney Money, and  
TJ Lievsay



DAV Auxiliary and Jason Kline



Jason Kline - POW MIA Table



DAV Donation



Harold Logan  
US Army Special Forces  
Guest Speaker



Program Team:  
Carolyn Gentry, Edward  
McDaniels, Jason Kline,  
Connie Hamlin, and Emma  
Jean Tucker

**5K/10K Walk/Run**

Save the Date



Saturday

## MARCH 28, 2020

10K - 8:00 AM

5K - 8:15 AM

All proceeds from this event benefit YVEDDI Meals-On-Wheels GROWING waiting list to feed seniors in Surry County.

For more information contact:  
Tom Beckom (336) 367-3531 or tbeckom@yveddi.com

Online Registration: [www.itsyourrace.com](http://www.itsyourrace.com)




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:

Carolyn Gentry, Manager  
Phone: 336.415.4225  
Fax: 336.786.1951  
Email: [cgentry@yveddi.com](mailto:cgentry@yveddi.com)

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



**Interested in a Veteran's Support Group?**

Please let us know!  
Call (336) 415-4225

Have you ever wanted to learn how clipping coupons and using mobile apps can save money on groceries and other items you use every day?

Then come join us for a couponing 101 class.

Must have ten participants in order to have class



Instructors: Sandy Boyer and Bristol Mitchem

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

Date: Saturday, February 1, 2020  
When: 5-7pm

Fee: \$10 per person

The fee covers all materials, refreshments, and giveaways. Fees have to be paid upfront for a solid head count.

For more information and to register please contact Bristol Mitchem at (336) 415-4256




## 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)



## CLOTHING DRIVE

### Baby, It's Cold Outside

**We Need Your Help!**

We are in need of **hats, coats, gloves, boots and shoes** for all ages for our free community clothing closet.

We also are in need of **blankets and bedding** items.

Household items such as **utensils, curtains and towels** are requested frequently so please keep Grace's Closet in mind when cleaning out for the new year.


Please bring your donation to Grace's Closet located at:

215 Jones School Road • Mount Airy, NC 27030  
(Located inside the L. H. Jones Family Resource Center)

Donations are accepted: Monday – Friday 8:00 am – 4:30 pm

*Your donation helps us make a difference in the lives of neighbors in need!*

(336) 415-4256 • [www.yveddi.com](http://www.yveddi.com)


## Memory Shirt Pillow Workshop

Come join us at the Surry County Senior Center on Valentine's Day for a Memory Shirt Pillow Workshop.


All you need to bring is the shirt! The Senior Center will provide everything else!

Please call (336) 415-4225 to register in advance. If you don't pre-register, you will need to bring your own stuffing

FRIDAY **FEB. 14** 2020  
10:00 AM



Surry Senior Center  
215 Jones School Road Room 205  
Mount Airy, NC 27030




### **YVEDDI Grace's Closet is seeking volunteers.**

*Can you spare a few hours a day, week or month?*

If so, your services are needed in our free community clothing closet.

Volunteers will assist in maintaining the clothes closet inventory and services to clients. Assist by greeting clients, sorting clothing donations and recording client clothing selections.

If you are interested in volunteering at **YVEDDI Grace's Closet**, please contact Bristol Mitchem at (336) 415-4256



#### 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.*

## MOUNT AIRY CENTER

### MONDAYS

10:00 am: Yoga Lite (Conf. Room)  
11:15 am: Dance Mix w/Tracie (Conf. Room)  
1:00 pm: Bridge Club (room 204)  
1:30 pm: Scrap-a-Lattes (scrapbooking) (Room 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

9:00 am VITA (room 205) By appointment Only  
10:00 am: Tai Chi (Conf. Room)  
11:00 am: Ukulele Practice Room 204  
1:00 pm: Recycled Teenagers Senior Bowling (held at Mount Airy  
Lanes) \$  
3:30 pm: Shag Dance practice (Conf. Room)  
5:30 pm: Line Dance with Jene

### THURSDAYS

9:30 am: Bridge Club (Room 204)  
11:30 am: Line Dance Practice with Blanche  
1:00 pm: Quarter BINGO (room 205)  
3:30 pm: TOPS \$ (room 205)

### FRIDAYS

10:00 am: Tai Chi (held at the Mt. Airy Public Library)  
11:00 am: Line Dance with Blanche  
12:00 pm: Line Dance practice

### SUNDAYS

6:00 pm: Mayberry Squares (Square Dancing) (Conf. Room)  
(1st and 3rd Sunday)

### MONTHLY ACTIVITIES/EVENTS

1st Tuesday of each month 9 am –4 pm: All day Scrapbooking  
Room 212  
2nd Monday of each month, 9:00 AM: Yoga With Heather Elliott ,  
Conference Room  
2nd Thursday, 10:30 am: NCDHHS Deaf/Hard of Hearing Equip-  
ment Sessions, Room 205  
**3rd Thursday, 11:30 am: "Chapters" Book Club, Room 205**  
**1st Friday, 1:00 pm: Writers' Group, Room 204**  
Mayberry Mad Hatters (times and locations vary; call us for infor-  
mation)

## 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) 415-4225, no fewer than five  
business days before the event.

## PILOT MOUNTAIN SATELLITE CENTER

Drop In Activity: Adult Coloring  
MONDAY-FRIDAY Coffee Club 8:30 – 9:00 am

### MONDAYS

10:00 am: Tia Chi Class  
12:00 pm: Knitting Group  
12:30 pm: Quilting Club

### TUESDAYS

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

### WEDNESDAYS

10:00 am: BINGO  
1:00-4:00 pm: Acrylic Painting Classes \$

### THURSDAY

12:30 pm: Bridge Club

### MONTHLY ACTIVITIES/EVENTS

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

Pilot Mountain Center Project Specialist: Shirley Key  
Phone number: (336) 368-2012 ext. 203  
Fax number: (336) 368-4115  
Email: skey@yveddi.com  
General Operating Hours: M-Th 9:30am to 4:15pm

**Hot Diggity Dog Luncheon**

**Join Us... \$5.00**

**TUESDAY FEB. 18 2020**  
11:00 AM - 12:30 PM

**Includes 2 hotdogs with fixings, chips and drink**

**Call to order ahead!**

L. H. Jones Family Resource Center  
215 Jones School Road  
Mount Airy, NC 27030  
(336) 415-4256

A fundraiser to benefit the  
L. H. Jones Family Resource Center

**YVEDDI**

**BOWLING**  
At Mount Airy Lanes

**SENIORS**  
Age 55+

**\$1.50 per game**

**Every Wednesday**  
**1:00 PM**

Mount Airy Lanes  
930 W. Lebanon Street  
Mount Airy, NC 27030

**Strike**

**Everyone Welcome!**

**SHOE RENTAL**

Surry County Senior Center  
215 Jones School Road • Mount Airy, NC 27030  
Ph. (336) 415-4256

**YVEDDI**

**PAL - PARENTS OF ADDICTED LOVED ONE**

YVEDDI Jones Family Resource Center is sponsoring a new support group:

Every Thursday from 6:30 P.M. – 8:00 P.M.

Jones Family Resource Center

Room 202

215 Jones School Road

Mount Airy, NC 27030

*Must be 18 years or older to attend.*

The primary goal is to provide hope through education and support for parents dealing with addicted loved ones by offering confidential peer support.

Other family members of addicted loves ones are also welcome to attend.

For more information contact the Jones Family Resource Center at (336) 415-4256, visit our Facebook Page [PAL / Parents of Addicted Loved Ones in Surry County](#), or visit [www.pal-group.org](http://www.pal-group.org)

By attending these meetings, you learn proven ways to help your loved one toward recovery from addiction.

**THERE IS HOPE**

PAL meets very week and provides continuing education along with support, at no charge, for parents with a son or daughter suffering from alcohol or drug addiction.

**YOU ARE NOT ALONE**

Many families are affected by addiction. PAL will allow you to give and receive support from others who are facing the same challenges you are. The guiding principles of PAL are confidentiality, respect, acceptance and support.

**FOR SPOUSES TOO**

PAL can also assist spouses who are sometimes forced into acting like a parent to their addicted partner who is abusing alcohol or drugs.

*Parents of Addicted Loves Ones (PAL) is a national organization founded in Arizona by a Licensed Independent Substance Abuse Counselor.*



**The Busy Fingers  
Crochet Group**

**FREE**

Every Tuesday at 1:00 pm

Any skill level of knitting or crocheting is invited.  
You must bring your own supplies.

YVEDDI Surry County Senior Center  
215 Jones School Road • Room 205 • Mount Airy, NC 27030  
Ph. (336) 415-4225

*Hand Made*

**TAKE OFF POUNDS  
SENSIBLY**

Mt Airy TOPS Chapter meets Thursdays at 3:30 PM  
Jones Family Resource Center (old Jones School)  
Room 205  
No weekly fees. \$32 annual dues  
Attend a meeting for free



**Watercolor Classes**

*Painting by Debra Gilbert*

**SCHEDULE**

Adults of any age or artistic experience are welcome!  
We focus on using watercolor paint on drawn or traced subjects and learn techniques for making corrections.  
\$60.00 per series  
Includes all supplies  
(Refunds are not given for missed classes.)  
**Reservations Requested**  
Instructor: Andrea Morrison  
(276) 755-3040 or [itsabush@hotmail.com](mailto:itsabush@hotmail.com)

SERIES I MONDAYS	SERIES II MONDAYS
<b>Nov. 25th</b> 9:30 am - 12:30 pm	<b>Jan. 6th</b> 9:30 am - 12:30 pm
<b>Dec. 2nd</b> 9:30 am - 12:30 pm	<b>Jan. 13th</b> 9:30 am - 12:30 pm
<b>Dec. 9th</b> 9:30 am - 12:30 pm	<b>Jan. 27th</b> 9:30 am - 12:30 pm
<b>Dec. 16th</b> 9:30 am - 12:30 pm	<b>Feb. 3rd</b> 9:30 am - 12:30 pm

The center is closed on January 20, 2020 for Martin Luther King day.

Surry Senior Center  
(inside the L. H. Jones Family Resource Center)  
215 Jones School Road • Mount, Airy, NC 27030  
(336) 415-4225

**Watercolor Classes**

*Painting by Christine Budgett*

**SCHEDULE**

Adults of any age or artistic experience are welcome!  
We focus on using watercolor paint on drawn or traced subjects and learn techniques for making corrections.  
\$60.00 per series  
Includes all supplies  
(Refunds are not given for missed classes.)  
**Reservations Requested**  
Instructor: Andrea Morrison  
(276) 755-3040 or [itsabush@hotmail.com](mailto:itsabush@hotmail.com)

SERIES I MONDAYS	SERIES II MONDAYS
<b>Feb. 10th</b> 9:30 am - 12:30 pm	<b>March 16th</b> 9:30 am - 12:30 pm
<b>Feb. 17th</b> 9:30 am - 12:30 pm	<b>March 23rd</b> 9:30 am - 12:30 pm
<b>Feb. 24th</b> 9:30 am - 12:30 pm	<b>March 30th</b> 9:30 am - 12:30 pm
<b>March 2nd</b> 9:30 am - 12:30 pm	<b>April 6th</b> 9:30 am - 12:30 pm
<b>March 9th</b> 9:30 am - 12:30 pm	

Surry Senior Center  
(inside the L. H. Jones Family Resource Center)  
215 Jones School Road • Mount, Airy, NC 27030  
(336) 415-4225



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

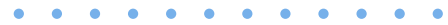
Need Help, But Don't Know Where To Turn?

**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



*Tune into WSYD 1300 AM on Friday mornings at 10:00 am for "Prime Time Live" for the latest updates on the Senior Center and other local senior resources and activities.*

# DANCE MIX

with **TRACIE**



**EVERY Monday**  
11:15 AM



Instructor: Tracie Artim

**FREE**

No Experience Required • Open To All Ages


Surry County Senior Center  
215 Jones School Road • Mount Airy, NC 27030  
Ph. (336) 415-4225



**NEW**

# Shag Practice



Practice Sessions with *Linda King*




**Shag Dance Practice**

Every Monday at 7:00 p.m.

Every Wednesday at 3:30 p.m.

Senior Center Conference Room



Surry County Senior Center • 215 Jones School Road • Mount Airy, NC 27030 • 336-415-4225

# LINE DANCE

with *Jene*



Every Wednesday  
**5:30 PM**

Free • No Experience Required

Surry County Senior Center  
Conference Room  
215 Jones School Road • Mount Airy, NC 27030  
Ph. (336) 415-4225







**YOGA**  
with Heather Elliott  
2nd Monday of each month  
**9:00 AM**

YVEDDI Surry County Senior Center  
215 Jones School Road • Mount Airy, NC 27030  
Conference Room  
Ph: (336) 415-4225

VIP  
(Visually Impaired Support Group)

The Visually Impaired Support Group no longer meets at this location.

For more information on services for the blind, please contact the local Services for the Blind Social Worker, Hope Sprinkle at (336) 783-8500.

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.*

**YOGA LITE**

FEELING TIRED & STRESSED?  
WISH YOU COULD REVIVE YOUR ENERGY LEVEL?  
WOULD YOU LIKE TO LEARN HOW TO RELAX?

*Every Monday*  
**10:00 AM**

**FREE**

INHALE.  
EXHALE.  
REPEAT.

YVEDDI Surry County Senior Center  
215 Jones School Road • Mount Airy, NC 27030  
Conference Room  
Ph: (336) 415-4225

Hearing Impaired  
Equipment Sessions

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

- January 8th
- February 13th
- March 12th

The sessions begin at 10:30am in Room 205 at the Senior Center in Mount Airy.

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

**The YVEDDI Retired Senior Volunteer Program  
& the Surry County Senior Center**

Are proud to announce that we are partnering with the  
Mount Airy Public Library and the IRS to provide

**FREE Tax Preparation at the Mt Airy Public Library  
and the Surry County Senior Center!!!**



VITA sites provide free income tax preparation for low-to moderate-income taxpayers (generally those who make \$56,000 and below) who need help filing their returns.

**To schedule an appointment, call (336) 415-4225  
on or after January 6, 2020.**

Surry County Senior Center  
215 Jones School Road • Mount Airy, NC 27030



Typically, the Surry County Senior Center follows the inclement weather policy of the Surry County School System.

Note: Sometimes we will be closed even if the schools are on a delayed schedule due to the safety of our seniors and volunteer drivers.

There will be two separate announcements:

- Meals on Wheels
- Senior Services/Senior Center

Please stay tuned to WXII-12 or Fox 8 News for the latest updates.

**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  
915 Atkins Street Suite 300  
Dobson, NC 27017  
(336) 401-8025

Surry County Government Resource Center  
1218 State Street  
Mount Airy, NC 27030  
(336) 783-8500



**NOTICE:**

**Nutrition sites will be closed  
Monday, March 3, 2020  
because of voting at the sites.**

*Please use meal provided for that day.*

JOIN US

It's BOOK a'clock

# Book Club

For readers age 50+

## Chapters BOOK CLUB

### Meets

Every 3rd Thursday

**11:30 AM**

We'll talk about what we're reading, favorite authors, and what's on our reading list.

Coffee will be available.

Group Leader

Patti Bunton

Mount Airy Public Library



YVEDDI Surry County Senior Center  
215 Jones School Road • Room 205  
Mount Airy, NC 27030



# Scrap-a-lattes

## Scrapbooking

Join Us...Every Monday at 1:30 p.m. and  
1st Tuesday of each month  
from 9:00 to 4:00 PM

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

There is no charge for this activity and newcomers are always welcome, even you if are new to the world of scrapbooking.

Surry Senior Center  
215 Jones School Road  
Mount Airy, NC



# Ukulele "Class and Sing Along"

Join Us...

Every 1st, 3rd and 5th  
Wednesday

11:00 AM

We'll gather to play and sing  
familiar songs.

Experienced musicians welcome.  
Come sing, even if you don't play.

The fun is contagious and who  
knows what health benefits may  
accrue from learning a new skill and  
making new social connections.

A class with instructions will be  
held on the 2nd and 4th  
Wednesday at 11 AM

Instructor has spare ukuleles that  
can be borrowed during class.

Surry County Senior Center  
Room 204  
215 Jones School Road  
Mount Airy, NC 27030  
(336) 415-4225



Good Times,  
Singing and Playing

# Card Games

Every Thursday



9:30 am Bridge Club

Open Cards

Rook Whist and more...



Surry County Senior Center  
215 Jones School Road • Mount Airy, NC 27030  
Ph. (336) 415-4225



## Office Space for Lease

**Current Occupants Include:**  
 Medical Loan Closet  
 Yokohama  
 United Fund of Surry  
 J. J. Jones Alumni Association  
 Mount Airy City Schools  
 Northwest Piedmont Workforce Development Board  
 YVEDDI FRC Administrative Office  
 YVEDDI Grace's Closet  
 YVEDDI Senior Services  
 YVEDDI Senior Center  
 YVEDDI RSVP  
 YVEDDI CSBG  
 YVEDDI Head Start



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

**Location:** 215 Jones School Road • Mount Airy, NC 27030

**Space Available:** 162 sq. ft. • 280 sq. ft. • 553 sq. ft. • 556 sq. ft.  
 586 sq. ft. • 615 sq. ft. • 796 sq. ft.

**Lease Fees:** Based on cost sharing of monthly expenses per square footage percentage

Non-profit agencies that would enhance the services provided by current occupants should contact Bristol Mitchem at (336) 415-4256.

**Call to schedule your tour today!**

Ph. (336) 415-4256 • [bmitchem@yveddi.com](mailto:bmitchem@yveddi.com)

### 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)

# Bridge

Club

Every Monday at 1:00 PM




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"> <li>▪ Health Screenings</li> <li>▪ Senior Games</li> <li>▪ Legal Services</li> <li>▪ Caregivers Class</li> <li>▪ Housing Assistance</li> <li>▪ Home Repair/Modification</li> <li>▪ In-home Aide Services</li> <li>▪ Social Security Benefits</li> <li>▪ Congregate Meals/Home Delivered Meals</li> <li>▪ Disaster Services</li> </ul> | <ul style="list-style-type: none"> <li>▪ Fitness &amp; Health Promotion</li> <li>▪ Tax Preparation/Counseling</li> <li>▪ Transportation Medical/General</li> <li>▪ Family Support Groups</li> <li>▪ Reverse Mortgage Counseling</li> <li>▪ Home Health Services</li> <li>▪ Medicaid Benefits/Medicare Benefits</li> <li>▪ Food Distribution</li> <li>▪ Adult Day Care/Day Health</li> <li>▪ Durable Medical Equipment/Assistive Devices</li> </ul> | <ul style="list-style-type: none"> <li>▪ Long-term Care</li> <li>▪ Facilities Rehabilitation Services</li> <li>▪ Mental Health</li> <li>▪ Insurance Counseling/SHIIP</li> <li>▪ Telephone Reassurance</li> <li>▪ Job Training/Placement</li> <li>▪ Energy Assistance</li> <li>▪ Respite</li> <li>▪ Report Suspected Abuse, Neglect, or Exploitation</li> <li>▪ Hospice Care</li> </ul> |
|--|--|--|



*Please Join Us... Bash*

Friday | **April 24** | 2020

Doors Open at 5:00 p.m.  
Games Begin at 6:00 p.m.

In Advance: \$25  
At the door: \$30

Packet includes 20 games, 1 coverall, and 5 door prize tickets

L. H. Jones Family Resource Center  
(Auditorium)  
215 Jones School Road  
Mount Airy, NC  
(336) 786-6155 ext. 222



*Proceeds will benefit the L. H. Jones Family Resource Center*

**FOOD FUN DOOR PRIZES RAFFLES**



RSVP PROGRAM  
(RETIRED SENIOR  
VOLUNTEER  
PROGRAM)

**Giving & Receiving**

There is a CRITICAL need for Volunteer Drivers to deliver meals to home-bound seniors in Dobson, Mount Airy and Pilot Mountain.

*Volunteer mileage reimbursement and volunteer insurance may be available.*

If you are age 55 or older and are interested in a rewarding volunteer opportunity in your community, please call the YVEDDI RSVP Manager, Kathy Reed at (336) 415-4247 or email [kreed@yveddi.com](mailto:kreed@yveddi.com).



Want Friendly Reminders?

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

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

Beginning January 23, 2020



**Quarter BINGO**

Every Thursday  
1:00 PM





Surry County Senior Center (room 205)  
215 Jones School Road Mount Airy, NC 27030  
Ph: (336) 415-4225

# Pilot Mountain Senior Center



**Acrylics  
Painting Classes**

*New classes beginning January 15, 2020*

**Every Wednesday 1:00 –4:00 p.m.**  
 \$5.00 per student/per class  
*Instructor Dr. Katherine Rose-Plum*

If you have any supplies, please bring them to class. If you don't have art supplies, come anyway, we will have some available.


**No experience is necessary!**

Pilot Mountain Senior Center  
 873 Old US 52 Bypass • Pilot Mountain, NC 27041  
 (336) 368-2012 ext. 203




# Tia Chi Class

More energy. More stamina. Better balance. Fewer aches and pains.



**Classes will be held at 10:00 am every Monday**

Pilot Mountain Senior Center  
 873 Old US 52 Bypass • Pilot Mountain, NC 27041  
 (336) 368-2012 ext. 203




BINGO Every Wednesday at 10 AM  
 Pilot Mountain Senior Center  
 873 Old US 52 Bypass  
 Pilot Mountain, NC 27041  
 (336) 368-2012 ext. 203



## Adult Coloring

**This is a drop in activity anytime during regular business hours**

**CALMING**  
**SOOTHING • STRESS-RELIEF**

Pilot Mountain Senior Center  
 873 Old US 52 Bypass • Pilot Mountain, NC 27041

# 20th ANNUAL



## Yadkin Valley Senior Games And Silver Arts

### May 1st — June 2020



**REGISTRATION:** March 1st - March 31, 2020

TO REGISTER ONLINE, VISIT: [torch.ncseniorgames.org](http://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.

NORTH  
CAROLINA  
Senior Games



**COST:** \$10.00

Includes t-shirt, goody bag, snacks/meals at events,  
medals, and sports/arts events. (There are additional fees for Golf, 3 on 3  
Basketball, Bowling events, and \$0.75 extra for online registration)

**REGISTRATION DEADLINE:** **March 31, 2020**

**\*All events will be held between May 1st and June 12th, 2020\***



NC DEPARTMENT OF  
**INSURANCE**  
SENIORS' HEALTH INSURANCE  
INFORMATION PROGRAM



#### 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 Rec. 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](mailto:keyb@co.surry.nc.us)

Visit [www.ncseniorgames.org](http://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.*

# Yadkin Valley Senior Games

Check (✓) the events you wish to participate in. Refer to the Calendar of Events for Dates, Times and Locations for each event. Events with an asterisk (\*) will not be offered at State

<p><b>OPENING CEREMONY</b></p> <p>SilverStriders Fun Walk <input type="checkbox"/></p> <p>Corn Hole <input type="checkbox"/></p> <p><b>BADMINTON</b></p> <p>Badminton <input type="checkbox"/></p> <p><b>BASKETBALL SHOOT</b></p> <p>Basketball Shoot <input type="checkbox"/></p> <p><b>BILLIARDS</b></p> <p>Billiards <input type="checkbox"/></p> <p><b>BOCCE</b></p> <p>Bocce <input type="checkbox"/></p> <p><b>BOWLING</b></p> <p>Bowling Singles (Additional \$5.00) <input type="checkbox"/></p> <p>Doubles (Additional \$5.00) <input type="checkbox"/></p> <p>(Partner: _____)</p> <p>Mixed Doubles (Additional \$5.00) <input type="checkbox"/></p> <p>(Partner: _____)</p> <p><b>CROQUET</b></p> <p>Croquet <input type="checkbox"/></p> <p><b>5K CYCLING/RUN</b></p> <p>Cycling <input type="checkbox"/></p> <p>Run <input type="checkbox"/></p> <p><b>DISC GOLF TOURNAMENT</b></p> <p>Disc Golf Tournament* <input type="checkbox"/></p> <p><b>FOOTBALL THROW</b></p> <p>Football Throw <input type="checkbox"/></p> <p><b>GOLF</b></p> <p>Golf <input type="checkbox"/></p> <p><b>Additional Fee: \$14.00</b> (Covers facility, fee, and game.)</p> <p><b>HORSESHOES</b></p> <p>Horseshoes <input type="checkbox"/></p>	<p><b>MINIATURE GOLF: NEW STATE FINALS EVENT!</b></p> <p>Miniature Golf <input type="checkbox"/></p> <p><b>PICKLEBALL: Singles must live in Surry or Yadkin County, at least 1 Doubles/Mixed Doubles partner must live in Surry or Yadkin County</b></p> <p>Singles <input type="checkbox"/></p> <p>Doubles <input type="checkbox"/></p> <p>(Partner: _____)</p> <p>Mixed Doubles <input type="checkbox"/></p> <p>(Partner: _____)</p> <p><b>RACQUETBALL</b></p> <p>Racquetball <input type="checkbox"/></p> <p><b>SOFTBALL THROW</b></p> <p>Softball Throw <input type="checkbox"/></p> <p><b>SPIN CASTING</b></p> <p>Spin Casting* <input type="checkbox"/></p> <p><b>SWIMMING (limit 6 events)</b></p> <p>25 yard Breaststroke* <input type="checkbox"/></p> <p>50 yard Breaststroke <input type="checkbox"/></p> <p>100 yard Breaststroke <input type="checkbox"/></p> <p>200 yard Breaststroke <input type="checkbox"/></p> <p>25 yard Freestyle* <input type="checkbox"/></p> <p>50 yard Freestyle <input type="checkbox"/></p> <p>100 yard Freestyle <input type="checkbox"/></p> <p>200 yard Freestyle <input type="checkbox"/></p> <p>500 yard Freestyle <input type="checkbox"/></p> <p>100 yard Individual Medley <input type="checkbox"/></p> <p>200 yard Individual Medley <input type="checkbox"/></p> <p>25 yard Backstroke* <input type="checkbox"/></p> <p>50 yard Backstroke <input type="checkbox"/></p> <p>100 yard Backstroke <input type="checkbox"/></p> <p>200 yard Backstroke <input type="checkbox"/></p> <p>25 yard Butterfly* <input type="checkbox"/></p> <p>50 yard Butterfly <input type="checkbox"/></p> <p>100 yard Butterfly <input type="checkbox"/></p> <p>200 yard Butterfly <input type="checkbox"/></p> <p><b>TABLE TENNIS</b></p> <p>Singles <input type="checkbox"/></p> <p>Doubles <input type="checkbox"/></p> <p>(Partner: _____)</p> <p>Mixed Doubles <input type="checkbox"/></p> <p>(Partner: _____)</p>	<p><b>TENNIS</b></p> <p>Tennis Singles <input type="checkbox"/></p> <p>Tennis Doubles <input type="checkbox"/></p> <p>(Partner: _____) <input type="checkbox"/></p> <p>Tennis Mixed Doubles <input type="checkbox"/></p> <p>(Partner: _____)</p> <p><b>TRACK AND FIELD</b></p> <p>50 Meter Dash <input type="checkbox"/></p> <p>100 Meter Dash <input type="checkbox"/></p> <p>200 Meter Dash <input type="checkbox"/></p> <p>400 Meter Dash <input type="checkbox"/></p> <p>800 Meter Run <input type="checkbox"/></p> <p>1500 Meter Run <input type="checkbox"/></p> <p>Standing Long Jump <input type="checkbox"/></p> <p>Running Long Jump <input type="checkbox"/></p> <p>Discus <input type="checkbox"/></p> <p>Shot-put <input type="checkbox"/></p> <p><b>HERITAGE, LITERARY, VISUAL ARTS</b></p> <p>Acrylics <input type="checkbox"/></p> <p>Oil <input type="checkbox"/></p> <p>Sculpture <input type="checkbox"/></p> <p>Drawing <input type="checkbox"/></p> <p>Pastels <input type="checkbox"/></p> <p>Watercolor <input type="checkbox"/></p> <p>Mixed Media <input type="checkbox"/></p> <p>Photography <input type="checkbox"/></p> <p>Basket Weaving <input type="checkbox"/></p> <p>China Painting <input type="checkbox"/></p> <p>Crocheting <input type="checkbox"/></p> <p>Jewelry <input type="checkbox"/></p> <p>Pottery <input type="checkbox"/></p> <p>Quilting <input type="checkbox"/></p> <p>Rugs <input type="checkbox"/></p> <p>Stained Glass <input type="checkbox"/></p> <p>Tole/Decorative <input type="checkbox"/></p> <p>Weaving <input type="checkbox"/></p> <p>Woodcarving <input type="checkbox"/></p> <p>Woodworking <input type="checkbox"/></p> <p>Comedy/Drama <input type="checkbox"/></p> <p>Dance <input type="checkbox"/></p> <p>Line Dance <input type="checkbox"/></p> <p>Instrumental <input type="checkbox"/></p> <p>Vocal <input type="checkbox"/></p> <p>Cheerleading <input type="checkbox"/></p>
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Registered participants may qualify for State Finals by earning Gold, Silver or Bronze in an event. Events with an asterisk (\*) will not be offered at state finals.

Ask your Local Coordinator about State Finals and Nationals Events |





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Transportation

Call  
(336) 679-2071



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**Low Rates!**

Call (336) 415-4225 for prices.

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TO START PLANNING FOR  
TOMORROW**



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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

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.

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

Call for a free,  
no-obligation appointment  
**(336) 789-4472**



**172 West Independence Blvd. ▪ Mount Airy, NC 27030**

The advertisement for Mountain Valley Hospice &amp; Palliative Care is set against a black and white photograph of an elderly couple walking away from the camera on a path. The man is on the left, wearing a light-colored jacket and a cap, and is using a cane. The woman is on the right, wearing a light-colored jacket. In the upper right corner of the ad, there is a logo consisting of a stylized house with a heart above it. Below the logo, the text 'Mountain Valley' is written in a large, white, serif font, with 'Hospice &amp; PALLIATIVE CARE' in a smaller, white, sans-serif font underneath. To the right of the map, the text 'We are with you every step of the way' is written in a white, cursive font. At the bottom right, the phone number '888.789.2922' and the website 'mtnvalleyhospice.org' are displayed in a large, white, sans-serif font. A map of North Carolina counties is overlaid on the bottom left, with stars indicating service areas in Carroll, Patrick, Henry, Surry, Stokes, Yadkin, Forsyth, and Davie counties. Other counties shown on the map include WYTHE, FULASKI, FLOYD, FRANKLIN, PITTSPHAMM, GRAYSON, ALLEGHAN, WILKES, IREDELL, and DAVIE.