



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

August 2024

Important Announcements

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.

August 13th at 12:00 PM: Extension At Home Lunch and Learn - Focaccia Bread Art. Contact the senior center to get 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

For more information, please visit **ww.com**

Fridays at 9:00 AM: Walking Club

Meet at the entrance to the walking trail in the YRC parking lot (weather permitting)

August 7th at 1:30 PM: Blood Pressure Checks with Margaret Hauser of Mountain Valley Hospice

August 8th at 11:30 AM: Sing Along with Judy and Willie

August 8th at 2:00 PM: Garden Workshop (Pressed and Dried Flowers) with Surry Extension Master Gardeners. Registration is required. Please call the senior center to register & to find out what you need to bring.

August 19th at 1:00 PM: Craft Class - Fabric corner bookmarks. Must be registered to attend. Please call to register.

See page 2 for more activities!

Drop-in Activities: Games, Cards, Puzzles, DVD/Puzzle/Book Swap!

▪ If you are interested in a volunteer opportunity, please call Emily Mauck, Retired and Senior Volunteer Program Manager at (336) 415-4247.

▪ If you would like to be added to our newsletter email list, call Carolyn Gentry 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
- Legal Services
- 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
- 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



Mon	Tue	Wed	Thu	Fri
Please contact Carolyn Gentry at (336) 415-4225 to register for events or if you would like the zoom links for our virtual activities	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		1 10:30 Nutrition Site Bingo 12:00 Weight Watchers	2 9:00 Walking Club 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 2:30 Bowling @ Mount Airy Bowling Lanes—\$2/game
5 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	6 9:00 Painting For Fun 9:00 All Day Scrapbooking 11:30 Partners Health Program 1:00 Busy Fingers Crochet	7 10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda	8 10:30 Nutrition Site Bingo 11:30 Sing Along with Judy and Willie 12:00 Weight Watchers (Weigh-in 30 min. prior) 2:00 Garden Workshop— Registration is required	9 9:00 Walking Club 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game
12 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Grp Chat 7:00 Shag w/Linda	13 9:00 Painting For Fun 12:00 Extension At Home — Lunch and Learn 1:00 Busy Fingers Crochet	14 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	15 10:30 Nutrition Site Bingo 12:00 Weight Watchers 1:00 Book Club at MA library	16 9:00 Walking Club 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Writers' Group 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game
19 9:45 Yoga Lite 10:30 Book Club @ Senior Center Nutrition Site 11:00 Line Dance w/Jene 11:30 Facebook Grp Chat 1:00 Craft Class 7:00 Shag w/Linda	20 9:00 Painting For Fun 11:30 SCHNC Nutrition Program 1:00 Busy Fingers Crochet	21 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	22 10:30 Nutrition Site Bingo 12:00 Weight Watchers (Weigh-in—30 minutes prior)	23 9:00 Walking Club 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game
26 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	27 9:00 Painting For Fun 11:00 MAPD Safety Program 1:00 Busy Fingers Crochet	28 10:00 Tai Chi @ Senior Center 2:00 Prize Bingo 3:30 Shag w/Linda	29 10:30 Nutrition Site Bingo 12:00 Weight Watchers (Weigh-in—30 minutes prior)	30 9:00 Walking Club 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game

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.