



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

March 2025

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.

March 18th at 10:00 AM: Extension At Home—Food Connects Us.

Call the senior center for the registration link.

In Person Activities and Classes

Cards - We have started a card playing group that meets on Tuesdays at 1:00 PM. Any seniors are welcome to come join in on the fun!

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

March 6th and 20th at 2:00 PM: Senior Center Garden Workshops with Surry Extension Master Gardeners. Seed Starting for Beginners. Registration is required. Please call the senior center to register and to find out what you need to bring.

March 13th at 11:30 AM: Sing Along with Judy and Willie

March 27th at 2:00 PM: Craft Class with Emily Lyon. See flyer for more details.

To register, please call the library at 336-789-5108 or the senior center at 336-415-4225.

March 14th and 15th at 7:00 and March 16th at 2:00 PM: NoneSuch Playmakers presents "Cheaper Than Therapy Tour" Part II: Revenge of the Aqua Net ©. Performing hits of the Awesome '80s! Admission is by donation. Proceeds from this event will benefit the senior center and the Angela H. Llewellyn Foundation Scholarship Fund.

Please note that there will be **NO BINGO** on Wednesday, March 26th!

We have a limited number of free tax appointments available. Please call the senior center at 336-415-4225 to schedule an appointment.

March 1st—31st: Yadkin Valley Senior Games Registration. Don't miss out on all the fun! See the senior center manager for details!

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 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
- 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



MARCH 2025



Mon	Tue	Wed	Thu	Fri
3 9:45 Yoga Light 11:00 Chair Exercises 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	4 9:00 Painting For Fun 9:00 All Day Scrapbooking 11:00 Partner's Health 1:00 Busy Fingers Crochet 1:00 Cards	5 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	6 10:30 Nutrition Site Bingo 11:00 Senior Games Kickoff Bingo in Dobson 12:00 Weight Watchers 2:00 Garden Workshop	7 10:00 Tai Chi @ Senior Ctr. 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game
10 9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	11 9:00 Painting For Fun 1:00 Busy Fingers Crochet 1:00 Cards	12 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	13 10:30 Nutrition Site Bingo 11:30 Sing Along with Judy and Willie 12:00 Weight Watchers	14 10:00 Tai Chi @ Senior Ctr 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game 7:00 NoneSuch Playmakers "Cheaper Than Therapy Tour" Part II
17 9:45 Yoga Light  10:30 Book Club 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	18 9:00 Painting For Fun 10:00 Extension At Home 11:30 SCHNC Nutrition Class 1:00 Busy Fingers Crochet 1:00 Cards	19 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	20 10:30 Nutrition Site Bingo 12:00 Weight Watchers 2:00 Garden Workshop - Registration is Required	21 10:00 Tai Chi @ Senior Ctr. 11:00 Line Dance w/Blanche 1:00 Writers' Group 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game
24 9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	25 9:00 Painting For Fun 11:30 Safety Program 1:00 Busy Fingers Crochet 1:00 Cards	26 10:00 Tai Chi @ Senior Center NO BINGO TODAY 3:30 Shag w/Linda	27 10:30 Nutrition Site Bingo 12:00 Weight Watchers 2:00 Craft Class with Emily Lyon (See flyer for details.)	28 10:00 Tai Chi @ Senior Ctr. 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game
31 9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	 "like" us on facebook 	Yadkin Valley Senior Games Registration is March 1st—31st. Call the senior center for details!		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.

Carolyn Gentry, Surry County Senior Center Manager • (336) 415-4225