



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

July 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.

July 15th at 10:00 AM: Extension At Home—Freezer Meals Call the senior center for 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 (Weigh-in 30 minutes prior.)

For more information, please visit ww.com

Fridays at 9:30 AM: Walking Club (Meet at the yellow poles in the parking lot.)

July 10th at 2:00 PM: Senior Center Garden Workshops with Surry Extension Master Gardener, Robin Portis - The Elegant Hydrangea. Registration is required. Please call the senior center to register and to find out what you need to bring. Class size is limited.

July 24th at 2:00 PM: Senior Center Garden Workshops with Surry Extension Master Gardener, Robin Portis - The Elegant Hydrangea. Registration is required. Please call the senior center to register and to find out what you need to bring. Class size is limited.

July 30th at 2:00 PM - Christmas in July Prize Bingo. Wear festive attire to get an extra door prize ticket..

NoneSuch Playmakers Presents Hicksville—A fundraiser play to benefit the Angela H. Llewellyn Foundation Scholarship Fund and the Surry County Senior Center. Admission is “pay what you can” at the door.

July 11th at 7:00 PM, July 12th at 7:00 PM, July 13th at 3:00 PM

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>

Happy 4th of July!



Information for Services, Referrals & Assistance

Program’s Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- 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
- Legal Services
- 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



JULY 2025



| Mon | Tue | Wed | Thu | Fri |
|--|---|--|---|---|
| | 1 9:00 Painting For Fun 11:00 Partners Health 1:00 Busy Fingers Crochet | 2 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda | 3 10:30 Nutrition Site Bingo 12:00 Weight Watchers | 4 CLOSED Happy 4th of July! |
| | 7 9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda | 8 9:00 Painting For Fun 1:00 Busy Fingers Crochet | 9 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda | 10 10:30 Nutrition Site Bingo 12:00 Weight Watchers 2:00 Garden Workshop Registration is Required |
| 14 9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda | 15 9:00 Painting For Fun 10:00 Extension At Home 11:30 SCHNC Nutrition Class 1:00 Busy Fingers Crochet 1:00 Health Fair | 16 10:00 Tai Chi @ Senior Ctr. 2:00 Quarter Bingo 3:30 Shag w/Linda | 17 10:30 Nutrition Site Bingo 12:00 Weight Watchers | 18 9:30 Walking Club 10:00 Tai Chi @ Senior Ctr. 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game |
| 21 9:45 Yoga Light 10:30 Book Club 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda | 22 9:00 Painting For Fun 11:00 Safety Class 1:00 Busy Fingers Crochet | 23 10:00 Tai Chi @ Senior Center 1:50 Relay North Carolina Presentation 2:00 Quarter Bingo 3:30 Shag w/Linda | 24 10:30 Nutrition Site Bingo 11:30 Relay North Carolina Presentation 12:00 Weight Watchers 2:00 Garden Workshop Registration is Required | 25 9:30 Walking Club 10:00 Tai Chi @ Senior Ctr. 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game |
| 28 9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda | 29 9:00 Painting For Fun 1:00 Busy Fingers Crochet | 30 10:00 Tai Chi @ Senior Center 2:00 Christmas in July Prize Bingo 3:30 Shag w/Linda | 31 10:30 Nutrition Site Bingo 12:00 Weight Watchers | 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