



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

August 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.

August 19th at 10:00 AM: Extension At Home—Inside Food Recalls 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.)

August 12th at 6:00 PM: Surry County Genealogical Association Meeting

Guest Speaker is Delilah Brady. Admission is Free!

August 14th at 2:00 PM: Senior Center Garden Workshop “Remembering Rosemary” with Surry Extension Master Gardener, Robin Portis Registration is required. Class size is limited. Please call the senior center to register.

August 20th at 3:15 PM: STEPtember Walking Challenge Kick-Off - Please help us reach our goal of 1,000,000 steps as a senior center!

August 22nd at 12:30 PM: STEPtember Walking Challenge Kick-Off - Please help us reach our goal of 1,000,000 steps as a senior center!

August 27th at 1:30 PM: Blood Pressure Checks with Mountain Valley Hospice.

August 28th at 2:00 PM: Senior Center Garden Workshop “Remembering Rosemary” with Surry Extension Master Gardener, Robin Portis Registration is required. Class size is limited. Please call the senior center to register.

August 29th at 2:00 PM: The Dahlia Bloom Bar - Come create a beautiful bouquet with us! Class size is limited and registration is required. Sponsored and hosted by Health Saving Solutions.

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
- 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



AUGUST 2025



Mon	Tue	Wed	Thu	Fri
	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 9:30 Walking Club 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game
4 9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	5 9:00 Painting For Fun 11:00 Partners Health 1:00 Busy Fingers Crochet	6 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda	7 10:30 Nutrition Site Bingo 12:00 Weight Watchers	8 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
11 9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	12 9:00 Painting For Fun 1:00 Busy Fingers Crochet 6:00 Surry Co. Gen. Assn.	13 10:00 Tai Chi @ Senior Ctr. 2:00 Quarter Bingo 3:30 Shag w/Linda	14 10:30 Nutrition Site Bingo 12:00 Weight Watchers 2:00 Garden Workshop Registration is Required	15 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
18 9:45 Yoga Light 10:30 Book Club 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	19 9:00 Painting For Fun 10:00 Extension At Home 11:30 SCHNC Nutrition Class 1:00 Busy Fingers Crochet	20 10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:15 STEptember Walking Challenge Kick-off 3:30 Shag w/Linda	21 10:30 Nutrition Site Bingo 12:00 Weight Watchers	22 9:30 Walking Club 10:00 Tai Chi @ Senior Ctr. 11:00 Line Dance w/Blanche 12:30 STEptember Walking Challenge Kick-off 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game
25 9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	26 9:00 Painting For Fun 11:30 Safety Class 1:00 Busy Fingers Crochet	27 10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Prize Bingo 3:30 Shag w/Linda	28 10:30 Nutrition Site Bingo 12:00 Weight Watchers 2:00 Garden Workshop Registration is Required	29 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 2:00 The Dahlia Bloom Bar

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.