



SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2025

Important Announcements

National Senior Center Month!

September 1: Labor Day (Closed)

STEPtember Walking Challenge: Track your steps each week and call the senior center with your weekly total every Monday! Help us reach our goal!

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.

September 16 at 10:00 AM: Extension At Home - Clean Your Home: the Green Way. 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.)

September 4th at 2:00 PM: Senior Center Garden Workshop “Dynamic Daylilies” with Surry Extension Master Gardener, Robin Portis Registration is required. Class size is limited. Please call the senior center to register.

September 10th at 1:30 PM: Blood Pressure Checks with Mountain Valley Hospice.

September 11th at 9:00 AM: 9/11 Memorial Event - We will be watching a 30 minute documentary, highlighting the stories of 6 individuals who experienced 9/11 and its aftermath.

September 11th at 2:00 PM: Craft Class - We will be making “sock pumpkins”. Please call the senior center to register.

September 19th at 1:00 PM: Writers’ Group

September 25th at 2:00 PM: Community Garden Workshop “Dynamic Daylilies” with Surry Extension Master Gardener, Robin Portis Registration is required. Class size is limited. Please call the senior center 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 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



SEPTEMBER 2025



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>9:00 Painting For Fun 11:00 Partners Health 1:00 Busy Fingers Crochet</p>	<p>4</p> <p>10:00 Tai Chi @ Senior Ctr. 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>4</p> <p>10:30 Nutrition Site Bingo 12:00 Weight Watchers 2:00 Garden Workshop Registration is Required</p>	<p>5</p> <p>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</p>
<p>8</p> <p>9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>9</p> <p>9:00 Painting For Fun 1:00 Busy Fingers Crochet</p>	<p>10</p> <p>10:00 Tai Chi @ Senior Center 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>11</p> <p>9:30 9/11 Memorial Event 10:30 Nutrition Site Bingo 12:00 Weight Watchers 2:00 Craft Class</p>	<p>12</p> <p>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</p>
<p>15</p> <p>9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>16</p> <p>9:00 Painting For Fun 10:00 Extension At Home 11:30 SCHNC Nutrition Class 1:00 Busy Fingers Crochet</p>	<p>17</p> <p>10:00 Tai Chi @ Senior Ctr. 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>18</p> <p>10:30 Nutrition Site Bingo 11:30 Sing Along w/Judy and Willie 12:00 Weight Watchers</p>	<p>19</p> <p>9:30 Walking Club 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</p>
<p>22</p> <p>First Day of Fall 9:45 Yoga Light 10:30 Book Club 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p> 	<p>23</p> <p>9:00 Painting For Fun 11:30 Safety Class 1:00 Busy Fingers Crochet</p>	<p>24</p> <p>10:00 Tai Chi @ Senior Center 2:00 Prize Bingo 3:30 Shag w/Linda</p>	<p>25</p> <p>10:30 Nutrition Site Bingo 12:00 Weight Watchers 2:00 Garden Workshop Registration is Required</p>	<p>26</p> <p>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</p>
<p>29</p> <p>9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>30</p> <p>9:00 Painting For Fun 1:00 Busy Fingers Crochet</p>	<p>September 7th: Grandparents Day <i>While we honor our grandparents daily, take an extra moment to appreciate all the joy and wisdom that grandparents bring to our lives</i></p>	<p>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</p>	

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.