



# 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](http://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 AM: 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](http://www.unitedfundofsurry.org)



# SEPTEMBER 2025

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p><b>CLOSED</b></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 <b>Registration is Required</b></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><b>First Day of Fall</b> 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 <b>Registration is Required</b></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><b>September 7th: Grandparents Day</b> <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 &amp; older. You must be registered. Contact <b>Susan Lawrence</b>, Nutrition Site Manager for more information. <b>(336) 415-4241</b></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.