



SURRY COUNTY SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

December 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.

December 16th at 10:00 AM: Extension At Home—Be Winter Ready - 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

December 4th at 2:00 PM: Senior Center Garden Workshop with Surry Extension

Master Gardener, Robin Portis. Ornaments from Nature. Registration is required. Class size is limited. Please call the senior center to register.

December 5th at 6:30 PM: Reindeer Hop at the Old Jones School Auditorium. Ages 50 and up. Music will be provided by Creekside. Admission is \$5 + a finger food. Please call the senior center to register in advance so we will have enough seating.

December 12th and 13th at 7:00 PM: NoneSuch Playmakers Presents—Celtic Christmas Ceilidh Please come celebrate the Christmas season with us through music, dance, and stories! Admission is by donation. See flyer for more details.

December 14th at 3:00 PM: NoneSuch Playmakers Presents—Celtic Christmas Ceilidh Please come celebrate the Christmas season with us through music, dance, and stories! Admission is by donation. See flyer for more details.

December 17th at 2:00 PM: Christmas Prize Bingo Please wear festive attire to get an extra door prize ticket.

December 18th at 11:30 AM: Christmas Sing Along with Judy and Willie

December 19th at 1:00 PM: Writers' Group

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



Mon	Tue	Wed	Thu	Fri
1 9:45 Yoga Light 11:00 Chair Exercises 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	2 9:00 Painting For Fun 11:30 Health Program 1:00 Busy Fingers Crochet	3 10:00 Tai Chi 2:00 Quarter Bingo 3:30 Shag w/Linda	4 10:30 Nutrition Site Bingo 12:00 Weight Watchers 2:00 Garden Workshop Registration is Required	5 10:00 Tai Chi @ The Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game 6:30 Reindeer Hop
8 9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	9 9:00 Painting For Fun 11:30 Nutrition Class 1:00 Busy Fingers Crochet	10 10:00 Tai Chi 1:30 Blood Pressure Checks 2:00 Quarter Bingo 3:30 Shag w/Linda	11 10:30 Nutrition Site Bingo 12:00 Weight Watchers	12 10:00 Tai Chi @ The Library 11:00 Line Dance w/Blanche 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game Celtic Christmas Ceilidh 7:00—Friday & Saturday 3:00—Sunday
15 9:45 Yoga Light 10:30 Book Club 11:00 Chair Exercises 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	16 10:00 Extension At Home 1:00 Busy Fingers Crochet	17 10:00 Tai Chi 11:00 Painting For Fun 2:00 Christmas Prize Bingo 3:30 Shag w/Linda	18 10:30 Nutrition Site Bingo 11:30 Sing Along with Judy and Willie 12:00 Weight Watchers	19 10:00 Tai Chi @ The Library 11:00 Line Dance w/Blanche 1:00 Writers Group 1:00 Bowling @ Mount Airy Bowling Lanes—\$2/game
22 9:45 Yoga Light 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 7:00 Shag w/Linda	23 9:00 Painting For Fun 11:30 Safety Class 1:00 Busy Fingers Crochet	24 CLOSED 	25 CLOSED	26 CLOSED
29 CLOSED	30 CLOSED	31 CLOSED		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.