



SURRY COUNTY SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

May 2026

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.

May 12th at 12:00 PM: Extension At Home - Fire Up the Grill– Offered over Zoom. Please 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 www.com

May 6th at 3:00 PM: Older Americans Month Ice Cream Party (following Quarter Bingo.)

May 7th at 11:30 AM: Division of Services for the Deaf and Hard of Hearing (DSDHH)

Presentation

May 7th at 2:00 PM: Senior Center Garden Workshop, Berries in a Basket, with Surry Extension Master Gardener, Robin Portis - Class size is limited. Registration is required.

Please call the senior center to register and to find out what you need to bring.

May 13th at 1:30 PM: Blood Pressure Checks

May 21st at 11:30 AM: Sing Along with Judy and Willie

May 22nd at 1:00 PM: Writers' Group

Please note that the NoneSuch Playmakers presentation “Home Front Hit Parade” has been postponed to a later date. Watch for an upcoming flyer soon!

Our Meals on Wheels program is currently in need of “fill-in” drivers. If you could be available to serve for a couple of hours on a Tuesday morning, please reach out to Susan Lawrence at 336-415-4241. Be the highlight of someone’s day! Our Meals on Wheels volunteers don’t just deliver lunch, they deliver independence, safety and a smile!

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



May 2026

Mon	Tues	Wed	Thurs	Fri
	<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>			<p>1 10:00 Tai Chi @ Library 11:00 Line Dance w/Blanche 1:00 Busy Fingers 1:00 Bowling, \$2/game</p>
<p>4 9:45 Yoga Light 10:15 Bingocize 11:00 Line Dance w/Stella 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>5 9:00 Painting For Fun 1:00 Busy Fingers</p>	<p>6 10:00 Tai Chi 2:00 Quarter Bingo 3:15 Older Americans Month Ice Cream Party 3:30 Shag w/Linda</p>	<p>7 10:30 Nutrition Site Bingo 11:30 DSDHH Presentation 12:00 Weight Watchers 2:00 Garden Workshop Registration is Required</p>	<p>8 10:00 Tai Chi @ Library 10:15 Bingocize 11:00 Line Dance w/Blanche 1:00 Busy Fingers</p>
<p>11 9:45 Yoga Light 10:15 Bingocize 11:00 Line Dance w/Stella 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>12 9:00 Painting For Fun 12:00 Extension at Home 1:00 Busy Fingers</p>	<p>13 10:00 Tai Chi 1:30 BP Checks 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>14 10:30 Nutrition Site Bingo 12:00 Weight Watchers</p>	<p>15 10:00 Tai Chi @ Library 10:15 Bingocize 11:00 Line Dance w/Blanche 1:00 Writers Group 1:00 Busy Fingers 1:00 Bowling \$2/game</p>
<p>18 9:45 Yoga Light 10:15 Bingocize 10:30 Book Club 11:00 Line Dance w/Stella 11:30 Facebook Group Chat 7:00 Shag w/Linda</p>	<p>19 9:00 Painting For Fun 11:30 Nutrition Class 1:00 Busy Fingers</p>	<p>20 10:00 Tai Chi 2:00 Quarter Bingo 3:30 Shag w/Linda</p>	<p>21 10:30 Nutrition Site Bingo 11:30 Sing Along with Judy and Willie 12:00 Weight Watchers</p>	<p>22 10:00 Tai Chi @ Library 10:15 Bingocize 11:00 Line Dance w/Blanche 1:00 Busy Fingers 1:00 Bowling, \$2/game</p>
<p>25 CLOSED Memorial Day <i>Remembering the men and women who died while serving our country.</i></p> 	<p>26 9:00 Painting For Fun 11:30 Safety Class 1:00 Busy Fingers</p>	<p>27 10:00 Tai Chi 2:00 Prize Bingo 3:30 Shag w/Linda</p>	<p>28 10:30 Nutrition Site Bingo 11:30 Partners Health 12:00 Weight Watchers</p>	<p>29 10:00 Tai Chi @ Library 10:15 Bingocize 11:00 Line Dance w/Blanche 1:00 Busy Fingers 1:00 Bowling, \$2/game</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.