



SURRY COUNTY SENIOR CENTER AND NUTRITION SITE NEWSLETTER



A North Carolina Certified Senior Center of Excellence

July 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.

July 14th at 12:00 PM: Extension At Home – Everyday Money Skills. 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.ww.com

July 2nd at 9:15 AM: Senior Center Garden Workshop, with Surry Extension Master

Gardener, Robin Portis – Davis Daylily Gardens Tour. Participants are responsible for their own transportation. Class size is limited. Registration is required. Please call the senior center to register and to get the details.

July 3rd Closed for Independence Day

July 8th at 1:30 PM: Blood Pressure Checks

July 16th at 11:30 AM: Sing Along with Judy and Willie

July 17th at 1:00 PM: Writers' Group

Watch for our suggestion box survey during July & August! Tell us what you think!

Save the Date! August 7th and 8th at 7:00 PM and August 9th at 3:00 PM. **NoneSuch**

Playmakers presents Home Front Hit Parade! Come celebrate America's 250th birthday with us! Admittance is by donation. Proceeds will benefit the Angela H. Llewellyn Foundation Scholarship Fund and the YVEDDI Surry County Senior Center.

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



July 2026

Mon	Tues	Wed	Thurs	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 10:00 Tai Chi 2:00 Quarter Bingo 3:30 Shag w/Linda	2 9:15 Garden Workshop Registration is Required 10:30 Nutrition Site Bingo 12:00 Weight Watchers	3 CLOSED 
6 9:45 Yoga Light 10:15 Bingocize 11:00 Line Dance w/Stella 11:30 Facebook Group Chat 7:00 Shag w/Linda	7 9:00 Painting For Fun 1:00 Busy Fingers	8 10:00 Tai Chi 1:30 BP Checks 2:00 Quarter Bingo 3:30 Shag w/Linda	9 10:30 Nutrition Site Bingo 12:00 Weight Watchers	10 10:00 Tai Chi @ Library 10:15 Bingocize 11:00 Line Dance w/Blanche 1:00 Busy Fingers 1:00 Bowling, \$2/game
13 9:45 Yoga Light 10:15 Bingocize 11:00 Line Dance w/Stella 11:30 Facebook Group Chat 7:00 Shag w/Linda	14 9:00 Painting For Fun 12:00 Extension at Home 1:00 Busy Fingers	15 10:00 Tai Chi 2:00 Quarter Bingo 3:30 Shag w/Linda	16 10:30 Nutrition Site Bingo 11:30 Sing Along with Judy and Willie 12:00 Weight Watchers	17 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
20 10:15 Bingocize 10:30 Book Club 11:00 Line Dance w/Stella 11:30 Facebook Group Chat 7:00 Shag w/Linda	21 9:00 Painting For Fun 11:30 Nutrition Class 1:00 Busy Fingers	22 10:00 Tai Chi 2:00 Quarter Bingo 3:30 Shag w/Linda	23 10:30 Nutrition Site Bingo 11:30 Partners Health 12:00 Weight Watchers	24 10:00 Tai Chi @ Library 11:00 Line Dance w/Blanche 1:00 Busy Fingers 1:00 Bowling, \$2/game
27 9:45 Yoga Light 11:00 Line Dance w/Stella 11:30 Facebook Group Chat 7:00 Shag w/Linda	28 9:00 Painting For Fun 11:30 Safety Class 1:00 Busy Fingers	29 10:00 Tai Chi 2:00 Prize Bingo 3:30 Shag w/Linda	30 10:30 Nutrition Site Bingo 12:00 Weight Watchers	31 10:00 Tai Chi @ Library 11:00 Line Dance w/Blanche 1:00 Busy Fingers 1:00 Bowling, \$2/game

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.