



# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



March 2022

## Important Announcements



**All safety guidelines must be followed for in-person activities. This includes masks covering the nose and mouth for everyone, vaccinated or not.**

**If you are sick, please stay home until you are well!**

**We will continue to provide Meals on Wheels to the homebound on Tuesdays and pick-up meals for registered congregate members on Thursdays.**

**See other side for full calendar of events.**

### Virtual Classes and Activities:

**Monday Morning Check-In:** Facebook Group Chat-Mondays at 11:30 AM  
Contact Heather Handy to be added to the group chat.

### In Person Activities:

**Chrismon Class with Ann:** \$5 per class plus the cost of each kit.  
Participants will need to bring small wire cutters, small needle nose pliers, a ruler and a colored hand towel to class.  
March 8th – Dove \$10  
March 10th- Celtic Cross \$10

**Spring Sing-a-long with Judy and Willie:** March 18th at 1pm

**Crafting with Ann and Linda:** \$5 - Registration Required  
Contact Heather for more information.

**Water Aerobics with Ann:** Every Monday & Wednesday at 10am.

### **NEW:**

#### **Famous Women with Cathy**

In honor of National Women's History Month, join us every Thursday at 2pm to learn about famous women in history. (Topics May Change)

### **Find us on Facebook and like our page:**

**YVEDDI Pilot Mountain Senior Center**

### Information for Services, Referrals & Assistance

#### Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- Legal Services
- 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
- 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)



# MARCH 2022

Mon	Tue	Wed	Thu	Fri
 	1	2	3	4
<b>7</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat <b>12:30</b> Knitting & Quilting Group <b>2:00</b> Line Dancing with Jene (Aerobics Room)	<b>8</b> <b>1:00</b> Dove Chrismon Class - \$	<b>9</b> <b>10:00</b> Water Aerobics with Ann <b>11:15</b> Bingo <b>12:00</b> Tap Dancing w/ Cathy (Aerobics Room)	<b>10</b> <b>10:30</b> Vaya Health Enhancing Mental Health with alternative Treatments Part 1 <b>2:00</b> Women's History W/ Cathy –Francis Perkins	<b>11</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game
<b>14</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat <b>12:30</b> Knitting & Quilting Group <b>2:00</b> Line Dancing with Jene (Aerobics Room)	<b>15</b> <b>2:00</b> Cardio Drumming	<b>16</b> <b>10:00</b> Water Aerobics with Ann <b>11:15</b> Bingo <b>12:00</b> Tap Dancing w/ Cathy (Aerobics Room) <b>1:30</b> Spring Sing-a-long with Judy and Willie	<b>17</b> <b>2:00</b> Women's History W/ Cathy–Tabitha Martin	<b>18</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game
<b>21</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat <b>12:30</b> Knitting & Quilting Group <b>2:00</b> Line Dancing with Jene (Aerobics Room)	<b>22</b> <b>1:00</b> Celtic Cross Chrismon Class -\$	<b>23</b> <b>10:00</b> Water Aerobics with Ann <b>11:15</b> Bingo <b>12:00</b> Tap Dancing w/ Cathy (Aerobics Room)	<b>24</b> <b>2:00</b> Cardio Drumming <b>2:00</b> Women's History W/ Cathy –Pasty Mink	<b>25</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game
<b>28</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat <b>12:30</b> Knitting & Quilting Group <b>2:00</b> Line Dancing with Jene (Aerobics Room)	<b>29</b> <b>1:00</b> Crafting w/ Ann & Linda- \$	<b>30</b> <b>10:00</b> Water Aerobics with Ann <b>11:15</b> Bingo <b>12:00</b> Tap Dancing w/ Cathy (Aerobics Room)	<b>31</b> <b>2:00</b> Women's History W/ Cathy –Edith Green, Birch Bayh	Please contact <b>Heather Handy</b> at <b>(336) 368-2012 ext. 203</b> to register for events or if you would like the zoom links for our virtual activities.

**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.

**Heather Handy, Pilot Mountain Senior Center Manager - (336) 368-2012 Ext.203**