



PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



April 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:

Knitting, Crochet, & Quilting Groups - Every Monday at 12:30 pm

Line Dancing with Jene - (Aerobics Room) every Monday at 2 pm

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

Cardio Drumming– Every Tuesday at 2 pm

Bingo– Every Wednesday at 11:15 am

Tap Dancing w/ Cathy (Aerobics Room)- Every Wednesday at 12 pm

Special Events:

Easter Sing-along with Judy & Willie Wednesday, April 13th at 1:30 pm

Crafting with Ann and Linda: Time and Date TBA

Find us on Facebook and like our page:

YVEDDI Pilot Mountain Senior Center

Happy Easter!



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



APRIL 2022

Mon	Tue	Wed	Thu	Fri
 	<p>Please contact Heather Handy at (336) 368-2012 ext. 203 to register for events or if you would like the zoom links for our virtual activities.</p>			1
4 10:00 Water Aerobics with Ann 11:30 Virtual Facebook Group Chat 12:30 Knitting/Crochet 12:30 Quilting Group 2:00 Line Dancing with Jene (Aerobics Room)	5 2:00 Cardio Drumming	6 10:00 Water Aerobics with Ann 11:15 Bingo 12:00 Tap Dancing w/ Cathy (Aerobics Room)	7	8 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game
11 10:00 Water Aerobics with Ann 11:30 Virtual Facebook Group Chat 12:30 Knitting/Crochet 12:30 Quilting Group 2:00 Line Dancing with Jene (Aerobics Room)	12 2:00 Cardio Drumming	13 10:00 Water Aerobics with Ann 11:15 Bingo 12:00 Tap Dancing w/ Cathy (Aerobics Room) 1:30 Easter Sing-along with Judy & Willie	14 10:30 Vaya Health Enhancing Mental Health with alternative Treatments Part 2	15 CLOSED
18 10:00 Water Aerobics with Ann 11:30 Virtual Facebook Group Chat 12:30 Knitting/Crochet 12:30 Quilting Group 2:00 Line Dancing with Jene (Aerobics Room)	19 2:00 Cardio Drumming	20 10:00 Water Aerobics with Ann 11:15 Bingo 12:00 Tap Dancing w/ Cathy (Aerobics Room)	21	22 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game
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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