



PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



May 2022

Important Announcements:



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

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 12:30pm (No Class May 16th due to voting)

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

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

Cardio Drumming— Every Tuesday at 2pm (No Class May 17th due to voting)

Bingo— Every Wednesday at 11:15am (No Bingo May 18th due to voting)

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

NEW:

Mid-day Reset Chair Yoga- Every Thursday at 12:15pm

Cards— Every Monday 12:00pm (No Class May 16th due to voting)

Special Events:

Sing-along with Judy & Willie— Wednesday, May 11th at 1:30pm

Crafting with Ann and Linda: Time and Date TBA

See other side for full calendar of events.

Find us on Facebook and like our page:
YVEDDI Pilot Mountain Senior Center

Remembering the men and women who died while serving our country.
Happy Memorial Day!



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



MAY 2022

Mon	Tue	Wed	Thu	Fri
2 10:00 Water Aerobics with Ann 11:30 Virtual Facebook Group Chat 12:00 Cards 12:30 Knitting/Crochet 12:30 Quilting Group 2:00 Line Dancing with Jene	3 2:00 Cardio Drumming	4 10:00 Water Aerobics with Ann 11:15 Bingo 12:00 Tap Dancing w/ Cathy (Aerobics Room)	5 12:15 Mid-day Reset Chair Yoga	6 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game
9 10:00 Water Aerobics with Ann 11:30 Virtual Facebook Group Chat 12:00 Cards 12:30 Knitting/Crochet 12:30 Quilting Group 2:00 Line Dancing with Jene	10 2:00 Cardio Drumming	11 10:00 Water Aerobics with Ann 11:15 Bingo 12:00 Tap Dancing w/ Cathy (Aerobics Room) 1:30 Sing-along with Judy & Willie	12 10:30 Vaya Health- Crisis Prevention: Keeping your cool under Pressure 12:15 Mid-day Reset Chair Yoga	13 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game
16 10:00 Water Aerobics with Ann 11:30 Virtual Facebook Group Chat 2:00 Line Dancing with Jene (Aerobics Room)	17	18 10:00 Water Aerobics with Ann 12:00 Tap Dancing w/ Cathy (Aerobics Room)	19 12:15 Mid-day Reset Chair Yoga	20 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game
23 10:00 Water Aerobics with Ann 11:30 Virtual Facebook Group Chat 12:00 Cards 12:30 Knitting/Crochet 12:30 Quilting Group 2:00 Line Dancing with Jene	24 2:00 Cardio Drumming	25 10:00 Water Aerobics with Ann 11:15 Bingo 12:00 Tap Dancing w/ Cathy (Aerobics Room)	26 12:15 Mid-day Reset Chair Yoga	27 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game
30 CLOSED Memorial Day	31 2:00 Cardio Drumming			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.

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