



# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



June 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.

### Drop-in Activities:

Sunshine Seed Library: Daily

### 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

**Line Dancing with Jene** - Every Monday at 2pm

**Water Aerobics with Ann**- Every Monday & Wednesday at 10am.  
(No water aerobics class June 1st-June 10th)

**Cardio Drumming**– Every Tuesday at 2pm (June 28th class will be at 2:30pm)

**Bingo**– Every Wednesday at 11:15am

**Tap Dancing w/ Cathy** (Aerobics Room)- Every Wednesday at 12:15pm (No class June 15th)

### NEW:

**Rook**– Every Tuesday 10:00am

**Yarn Spinning**– The last Tuesday of each month from 11am-2pm

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

### Special Events:

**Sing-along with Judy & Willie**– Wednesday, June 15th 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



### 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)



# JUNE 2022

Mon	Tue	Wed	Thu	Fri
		<b>1</b> <b>11:15</b> Bingo <b>12:15</b> Tap Dancing w/ Cathy (Aerobics Room)	<b>2</b> <b>12:15</b> Mid-day Reset Chair Yoga	<b>3</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game
<b>6</b> <b>11:30</b> Virtual Facebook Group Chat <b>12:30</b> Knitting/Crochet <b>12:30</b> Quilting Group <b>2:00</b> Line Dancing with Jene	<b>7</b> <b>10:00</b> Rook <b>2:00</b> Cardio Drumming	<b>8</b> <b>11:15</b> Bingo <b>12:15</b> Tap Dancing w/ Cathy (Aerobics Room)	<b>9</b> <b>10:30</b> Vaya Health– Coping with Anxiety: Medications and More <b>12:15</b> Mid-day Reset Chair Yoga	<b>10</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game
<b>13</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat <b>12:30</b> Knitting/Crochet <b>12:30</b> Quilting Group <b>2:00</b> Line Dancing with Jene	<b>14</b> <b>10:00</b> Rook <b>2:00</b> Cardio Drumming	<b>15</b> <b>10:00</b> Water Aerobics with Ann <b>11:15</b> Bingo <b>1:30</b> Sing-along with Judy & Willie	<b>16</b> <b>12:15</b> Mid-day Reset Chair Yoga	<b>17</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game
<b>20</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat <b>12:30</b> Knitting/Crochet <b>12:30</b> Quilting Group <b>2:00</b> Line Dancing with Jene	<b>21</b> <b>10:00</b> Rook <b>2:00</b> Cardio Drumming	<b>22</b> <b>10:00</b> Water Aerobics with Ann <b>11:15</b> Bingo <b>12:15</b> Tap Dancing w/ Cathy (Aerobics Room)	<b>23</b> <b>12:15</b> Mid-day Reset Chair Yoga	<b>24</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game
<b>27</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat <b>12:30</b> Knitting/Crochet <b>12:30</b> Quilting Group <b>2:00</b> Line Dancing with Jene	<b>28</b> <b>10:00</b> Rook <b>11:00</b> Yarn Spinning <b>2:30</b> Cardio Drumming	<b>29</b> <b>10:00</b> Water Aerobics with Ann <b>11:15</b> Bingo <b>12:15</b> Tap Dancing w/ Cathy (Aerobics Room)	<b>30</b> <b>12:15</b> Mid-day Reset Chair Yoga	Please contact <b>Heather                      Handy at (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**