



# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



July 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 12:30 pm

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

**Cardio Drumming-** Every Tuesday at 2pm

**Bingo-** Every Wednesday at 11:15 am

**Tap Dancing w/ Cathy** (Aerobics Room)- Every Wednesday at 12:15pm

**Rook-** Every Tuesday 10:00 am

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

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

### NEW:

#### **Thriller, Filler, Spiller Flower Workshop-**

Registration Required.

Bring Your Own 10"-12" flower Container and join us on July 20th at 10 am for the Thriller, Filler Spiller Flower Workshop as Master Gardener, Robin Portis teaches us how to plant and care for beautiful summer flowers.

This class is free however, contributions are accepted and appreciated.

Seats are limited for this workshop.

### Special Events:

**Sing-along with Judy & Willie-** Wednesday, July 20th at 1:30 pm

**Crafting with Ann and Linda: \$8** - Thursday July 14th at 1pm for Tin Can Wall Art

Registration Required.

### Upcoming Events:

**Novant's Mobile Mammogram Clinic** will be on site August 11th.

This program is for anyone 40 years or older. Call Heather to set up an appointment!

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)



# JULY 2022

Mon	Tue	Wed	Thu	Fri
<p>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.</p>				<p><b>1</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game</p>
<p><b>4</b> <b>CLOSED</b></p>	<p><b>5</b> <b>10:00</b> Rook <b>2:00</b> Cardio Drumming</p>	<p><b>6</b> <b>10:00</b> Water Aerobics with Ann</p>	<p><b>7</b> <b>12:15</b> Mid-day Reset Chair Yoga</p>	<p><b>8</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game</p>
<p><b>11</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</p>	<p><b>12</b> <b>10:00</b> Rook <b>2:00</b> Cardio Drumming</p>	<p><b>13</b> <b>10:00</b> Water Aerobics with Ann <b>11:15</b> Bingo <b>12:15</b> Tap Dancing w/ Cathy (Aerobics Room)</p>	<p><b>14</b> <b>10:30</b> Vaya Health– Coping with Anxiety: Medications and More <b>12:15</b> Mid-day Reset Chair Yoga <b>1:00</b> Crafting with Ann and Linda– Tin Can Wall Art \$8</p>	<p><b>15</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game</p>
<p><b>18</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</p>	<p><b>19</b> <b>10:00</b> Rook <b>2:00</b> Cardio Drumming</p>	<p><b>20</b> <b>10:00</b> Thriller, Filler Spiller Flower Workshop <b>10:00</b> Water Aerobics with Ann <b>11:15</b> Bingo <b>12:15</b> Tap Dancing w/ Cathy (Aerobics Room) <b>1:30</b> Sing-along with Judy &amp; Willie</p>	<p><b>21</b> <b>12:15</b> Mid-day Reset Chair Yoga</p>	<p><b>22</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game</p>
<p><b>25</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</p>	<p><b>26</b> <b>10:00</b> Rook <b>11:00</b> Yarn Spinning <b>2:30</b> Cardio Drumming</p>	<p><b>27</b> <b>10:00</b> Water Aerobics with Ann <b>11:15</b> Bingo <b>12:15</b> Tap Dancing w/ Cathy (Aerobics Room)</p>	<p><b>28</b> <b>12:15</b> Mid-day Reset Chair Yoga</p>	<p><b>29</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game</p>

**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**