



# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



August 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 congregante members on Thursdays.

See other side for full calendar of events.

### 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 Group** - Every Monday at 12:30 pm

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

**Bingo**– Every Wednesday at 11:15 am (No Bingo August 3rd or 31st)

**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:

**Fall Gardening Workshop** - Wednesday, August 17th at 10am

### **Registration Required.**

Join us as Master Gardener, Robin Portis teaches us how to plant crops for cooler weather.

Each participant will need to bring a 2 gallon container.

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

### Special Events:

**Novant Health Mobile Mammogram Clinic**– Thursday, August 11th from 9 am– 11:50 pm

Last day to schedule a mammogram appointment is Friday, August 5th

**Sing-along with Judy & Willie**– Wednesday, August 17 at 1:30 pm

**Farmers Market Vouchers available for registered Congregante members**– call for more information

We have free at home COVID test while supplies last. If you need one, call or stop by the senior center.



Find us on Facebook

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)



# AUGUST 2022

Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat <b>12:30</b> Knitting/Crochet	<b>2</b>	<b>3</b> <b>10:00</b> Water Aerobics with Ann	<b>4</b> <b>12:15</b> Mid-day Reset Chair Yoga	<b>5</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game  <b>Last day to schedule a mammogram appointment</b>
<b>8</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat <b>12:30</b> Knitting/Crochet	<b>9</b>	<b>10</b> <b>10:00</b> Water Aerobics with Ann <b>11:15</b> Bingo	<b>11</b> <b>9:00</b> <b>Mobile Mammogram</b> <b>10:30</b> Vaya Health– Substance Use, misuse, and the Opioid Crisis <b>12:15</b> Mid-day Reset Chair Yoga	<b>12</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game
<b>15</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat <b>12:30</b> Knitting/Crochet	<b>16</b>	<b>17</b> <b>10:00</b> Seed Saving Workshop– Learning best practices to save seeds from you harvest <b>10:00</b> Water Aerobics with Ann <b>11:15</b> Bingo <b>1:30</b> Sing-along with Judy & Willie	<b>18</b> <b>12:15</b> Mid-day Reset Chair Yoga	<b>19</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game
<b>22</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat <b>12:30</b> Knitting/Crochet	<b>23</b>	<b>24</b> <b>10:00</b> Water Aerobics with Ann <b>11:15</b> Bingo	<b>25</b> <b>12:15</b> Mid-day Reset Chair Yoga	<b>26</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game
<b>29</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat <b>12:30</b> Knitting/Crochet	<b>30</b> <b>11:00</b> Yarn Spinning	<b>31</b> <b>10:00</b> Water Aerobics with Ann	  	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**