



PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



September 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 Carolyn Gentry to be added to the group chat. (336) 415-4225

In Person Activities:

Water Aerobics with Ann- Every Monday & Wednesday at 10 am. (No class Sept. 5th, 7th, 12th, and 14th)

Bingo – Every Thursday at 11:30 am

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

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

Seed Saving Workshop– Thursday, September 15th at 10am

Registration Required. Contact Carolyn Gentry to register (336) 415-4225

Master Gardener, Robin Portis will be teaching best practices to save seeds from your harvest.

Line Dance with Jene– Thursday, September 8th, 15th 22nd, 29th at 2:30pm

Special Events:

Crafting with Ann and Linda: Thursday, September 22nd from 1:30pm-3:30pm

Join us to make a Scarecrow and Snowman Craft. \$10

Registration Required. Contact Carolyn Gentry to register (336) 415-4225

See other side for full calendar of events.

We have free covid tests while supplies last.

If you need one, call or stop by the senior center.



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



SEPTEMBER 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>			<p>1 11:30 Bingo 12:30 Knitting/Crochet</p>	<p>2 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game</p>
<p>5</p> <p style="background-color: #e0e0e0; padding: 10px;">CLOSED Labor Day</p>	<p>6</p>	<p>7</p>	<p>8 11:30 Bingo 12:30 Knitting/Crochet 2:30 Line Dance with Jene</p>	<p>9 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game</p>
<p>12 11:30 Virtual Facebook Group Chat</p>	<p>13</p>	<p>14</p>	<p>15 10:00 Seed Saving Workshop 11:30 Bingo 12:30 Knitting/Crochet 2:30 Line Dance with Jene</p>	<p>16 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game</p>
<p>19 10:00 Water Aerobics with Ann 11:30 Virtual Facebook Group Chat</p>	<p>20</p>	<p>21 10:00 Water Aerobics with Ann</p>	<p>22 11:30 Bingo 12:30 Knitting/Crochet 1:30 Crafting with Ann & Linda- Scarecrow/ Snowman craft \$10 2:30 Line Dance with Jene</p>	<p>23 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game</p>
<p>26 10:00 Water Aerobics with Ann 11:30 Virtual Facebook Group Chat</p>	<p>27 11:00 Yarn Spinning</p>	<p>28 10:00 Water Aerobics with Ann</p>	<p>29 11:30 Bingo 12:30 Knitting/Crochet 2:30 Line Dance with Jene</p>	<p>30 3:00 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