



# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



October 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.

**Bingo –** Every Thursday at 11:30 am

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

**Line Dance with Jene -** Thursdays 2:30 pm

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

**Winter Care for Birds -** Thursday, October 13th at 10am. Join us in making Pinecone bird feeders as Master Gardener, Robin Portis teaches how to care for birds during the winter months. Registration Required. Call Carolyn Gentry to register (336) 415-4225

**Crafting with Ann and Linda:** Time and Date TBA

### Special Events:

**Autumn Celebration Sing-along w/Judy & Willie –** Thursday, Oct. 20th at 1:30 pm

See other side for full calendar of events.

If you are interested in a volunteer opportunity, please call Emily Mauck, Retired Senior and Volunteer Program Manager. 336-415-4247



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)



# OCTOBER 2022

Mon	Tue	Wed	Thu	Fri
<b>3</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat	<b>4</b>	<b>5</b> <b>10:00</b> Water Aerobics with Ann	<b>6</b> <b>11:30</b> Bingo <b>12:30</b> Knitting/Crochet <b>2:30</b> Line Dance w/Jene	<b>7</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game
<b>10</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat	<b>11</b>	<b>12</b> <b>10:00</b> Water Aerobics with Ann	<b>13</b> <b>10:00</b> Gardening work- shop, Winter care for birds <b>11:30</b> Bingo <b>12:30</b> Knitting/Crochet <b>2:30</b> Line Dance w/Jene	<b>14</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game
<b>17</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat	<b>18</b>	<b>19</b> <b>10:00</b> Water Aerobics with Ann	<b>20</b> <b>11:30</b> Bingo <b>12:30</b> Knitting/Crochet <b>1:30</b> Autumn Celebration Sing a long with Judy and Willie <b>2:30</b> Line Dance w/Jene	<b>21</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game
<b>24</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat	<b>25</b> <b>11:00</b> Yarn Spinning	<b>26</b> <b>10:00</b> Water Aerobics with Ann	<b>27</b> <b>11:30</b> Bingo <b>12:30</b> Knitting/Crochet <b>2:30</b> Line Dance w/Jene	<b>28</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game
<b>31</b> <b>10:00</b> Water Aerobics with Ann <b>11:30</b> Virtual Facebook Group Chat  <b>Happy Halloween</b>				Please contact <b>Heather Handy at</b> <b>(336) 368-2012</b> <b>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**