



PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



November 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 for Beginners: Every Thursday 2:30 pm

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

Special Events:

Winter Care for Birds - Thursday, November 10th 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

Thanksgiving Sing-along with Judy & Willie – Thursday, November 10th at 1:30 pm

Crafting with Ann and Linda: On hold for now.

Fall Boogie Bash – Dance, November 17th at 7:00. Admission \$5. Doors open at 6:30. Music provided by Creekside.

See other side for full calendar of events.

Please contact the senior center if you are interested in meeting with a SHIP representative to receive answers to your questions regarding upcoming Medicare changes and supplemental coverage.

We have free COVID tests, while supplies last.

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



NOVEMBER 2022

Mon	Tue	Wed	Thu	Fri
	1	2 10:00 Water Aerobics with Ann	3 11:30 Bingo 12:30 Knitting/Crochet 2:30 Line Dance w/Jene	4 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game
	7 10:00 Water Aerobics with Ann 11:30 Virtual Facebook Group Chat	8	9 10:00 Water Aerobics with Ann	10 10:00 Gardening Class- Winter care for birds 11:30 Bingo 12:30 Knitting/Crochet 1:30 Thanksgiving Sing- along with Judy & Willie 2:30 Line Dance w/Jene
14 10:00 Water Aerobics with Ann 11:30 Virtual Facebook Group Chat	15	16 10:00 Water Aerobics with Ann	17 11:30 Bingo 12:30 Knitting/Crochet 2:30 Line Dance w/Jene 7:00 Fall Boogie Bash Admission \$5	18 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game
21 10:00 Water Aerobics with Ann 11:30 Virtual Facebook Group Chat	22	23 10:00 Water Aerobics with Ann	24 CLOSED 	25 CLOSED
28 10:00 Water Aerobics with Ann 11:30 Virtual Facebook Group Chat	29 11:00 Yarn Spinning	30 10:00 Water Aerobics with Ann		Please contact Carolyn Gentry at (336) 415-4225 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