



# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



February 2023

## 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** - Mondays and Wednesdays at 10:00 am

**Line Dance with Jene** - Mondays at 2:00 pm

**Bingo** – Thursdays at 11:30 am

**Knitting and Crochet Group** - Thursdays 12:30 pm

### Special Events:

**Sing Along with Judy & Willie** – Thursday, February 16 at 1:30 pm. The sing along is offered over Zoom for those who would like to watch from home. Refreshments will be served to in-person attendees.

**Gardening Workshop** –Friday, February 24th at 10 am. Fun with Fairy Gardens. Master Gardener, Robin Portis will help us make fairy gardens. Registration is required. Follow on Facebook for more details.

**VAYA Health Training**-Thursday, February 23rd at 1:30. Topic: Communication 101.

**VITA Tax Preparation** — We are partnering with the IRS and Mount Airy Public Library to offer free tax preparation for those who generally make \$60,000 or less. To schedule an appointment please contact Carolyn Gentry at 336-415-4225.

*In the event of inclement weather, the Pilot Mountain Senior Center typically follows the Surry County School System.*



### 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)



# FEBRUARY 2023

Mon	Tue	Wed	Thu	Fri
 <p><b>YVEDDI</b> YAKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.</p>	 <p>"like" us on facebook</p>	<p><b>1</b> <b>10:00</b> Water Aerobics w/Ann</p>	<p><b>2</b> <b>11:30</b> Bingo <b>12:30</b> Knitting/Crochet</p>	<p><b>3</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game</p>
<p><b>6</b> <b>10:00</b> Water Aerobics w/Ann <b>11:30</b> Virtual Facebook Group Chat <b>2:00</b> Line Dance w/Jene</p>	<p><b>7</b></p>	<p><b>8</b> <b>10:00</b> Water Aerobics w/Ann</p>	<p><b>9</b> <b>11:30</b> Bingo <b>12:30</b> Knitting/Crochet</p>	<p><b>10</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game</p>
<p><b>13</b> <b>10:00</b> Water Aerobics w/Ann <b>11:30</b> Virtual Facebook Group Chat</p>		<p><b>15</b> <b>10:00</b> Water Aerobics w/Ann</p>	<p><b>16</b> <b>11:30</b> Bingo <b>12:30</b> Knitting/Crochet <b>1:30</b> Sing Along with Judy &amp; Willie</p>	<p><b>17</b> <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game</p>
<p><b>20</b> <b>10:00</b> Water Aerobics w/Ann <b>11:30</b> Virtual Facebook Group Chat</p>	<p><b>21</b></p>	<p><b>22</b> <b>10:00</b> Water Aerobics w/Ann</p>	<p><b>23</b> <b>11:30</b> Bingo <b>12:30</b> Knitting/Crochet <b>1:30</b> VAYA Health Class</p>	<p><b>24</b> <b>10:00</b> Garden Work- shop <b>3:00</b> Bowling @ Mount Airy Bowling Lanes- \$1.50/game</p>
<p><b>27</b> <b>10:00</b> Water Aerobics w/Ann <b>11:30</b> Virtual Facebook Group Chat</p>	<p><b>28</b> <b>11:00</b> Yarn Spinning</p>			<p><b>Contact Carolyn Gentry</b> <b>at(336) 415-4225</b> to register for events or if you would like the zoom links for our virtual activities</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.