



PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



January 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.

Please note that we are closed from December 23rd - January 2nd.

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- On hold for this month.

Bingo – Thursdays at 11:30 am

Knitting, Crochet, & Quilting Groups - Thursdays 12:30 pm

Line Dance with Jene - Thursdays at 2:30 pm

Special Events:

Sign-A-Long with Judy & Willie – Thursday, January 19th at 1:30 pm

Refreshments will be served.

Gardening Workshop -Thursday, January 26th at 10 am. Master Gardener, Robin

Portis will teach us about Winter Sewing. Registration is required.

Contact Carolyn Gentry for more information (336) 415-4225

VAYA Health Training-Thursday, January 26th at 1:30: Enriching Mental Health with Complimentary Treatments

VITA Tax Preparation — We are partnering with the IRS and Mount Airy Public Library to offer 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.

See other side for full calendar of events.

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



JANUARY 2023

Mon	Tue	Wed	Thu	Fri
2 CLOSED Happy New Year!	3	4 10:00 Water Aerobics w/Ann (on hold)	5 11:30 Bingo 12:30 Knitting/Crochet 2:30 Line Dance w/Jene	6 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game
9 10:00 Water Aerobics w/Ann (on hold) 11:30 Virtual Facebook Group Chat	10	11 10:00 Water Aerobics w/Ann (on hold)	12 11:30 Bingo 12:30 Knitting/Crochet 2:30 Line Dance w/Jene	13 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game
16 CLOSED MLK Day	17	18 10:00 Water Aerobics w/Ann (on hold)	19 11:30 Bingo 12:30 Knitting/Crochet 1:30 Sing Along with Judy & Willie 2:30 Line Dance w/Jene	20 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game
23 10:00 Water Aerobics w/Ann (on hold) 11:30 Virtual Facebook Group Chat	24	25 10:00 Water Aerobics w/Ann (on hold)	26 10:00 Garden Workshop 11:30 Bingo 12:30 Knitting/Crochet 1:30 VAYA Health Class 2:30 Line Dance w/Jene	27 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game
30 10:00 Water Aerobics w/Ann (on hold) 11:30 Virtual Facebook Group Chat	31	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