



PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

March 2023

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 Katrinka Rinehart to be added to the group chat. (336) 368-2012 ext, 203



In Person Activities:

Water Aerobics with Ann: Every Monday/ Wednesday at 10:00 AM

Line Dance with Jene: Every Monday at 2:00 PM

Rook for Beginners: Every Tuesday 1:00 PM ****New Activity****

Bingo: Every Wednesday at 12:30 PM

Knitting & Crochet Group: Every Thursday at 12:30 PM

Bowling @ Mt. Airy Lanes: Every Friday at 3:00 PM



Special Events:

Crafting with Ann and Linda: Thursday, March 9th at 1:30 PM "Heart Craft"
Sign up at the Pilot Mtn. Senior center.

Spring Sing Along with Judy & Willie – Thursday, March 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.

St. Patrick's Day Party - Friday, March 17th -1:00 PM Games & Music *Light Refreshments*

VAYA Health Training-Wednesday March 22nd at 2:00 PM

Topic: Navigating Depression: Finding Happiness

Gardening Workshop –Thursday, March 23rd at 1:00 PM

The Master Gardeners will teach us about organic seed starting **-Registration is required.**

NC Senior Tarheel Legislature 30th Anniversary Celebration – Friday, March 24th at 9:30 AM at YVEDDI District Office, 533 N. Carolina Avenue, Highway 601 N, Boonville, NC

Yadkin Valley Senior Games Registration —March 1st - 31st Registration forms are available at the senior center office.

Katrinka Rinehart has been named the new senior nutrition and satellite center manager for the Pilot Mountain Senior Center. Katrinka previously worked in the YVEDDI Public Transportation department for 16 yrs. She loves people and looks forward to serving the seniors in the Pilot Mountain area.

Follow us on Facebook



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

MARCH 2023

Mon	Tue	Wed	Thu	Fri
<p>Contact Katrinka 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 10:00 Water Aerobics w/Ann</p>	<p>2 11:30 Bingo 12:30 Knitting/Crochet</p>	<p>3 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game</p>
<p>6 10:00 Water Aerobics w/Ann 11:30 Virtual Facebook Group Chat 2:00 Line Dance w/Jene</p>	<p>7 1:00 Rook for Beginners</p>	<p>8 10:00 Water Aerobics w/Ann 12:30 Bingo</p>	<p>9 12:30 Knitting/Crochet 1:00 Crafting with Ann and Linda</p>	<p>10 3:00 Bowling @ Mount Airy Bowling Lanes- \$1.50/game</p>
<p>13 10:00 Water Aerobics w/Ann 11:30 Virtual Facebook Group Chat 2:00 Line Dance w/Jene</p>	<p>14 1:00 Rook for Beginners</p>	<p>15 10:00 Water Aerobics w/Ann 12:30 Bingo</p>	<p>16 12:30 Knitting/Crochet 1:30 Spring Sing Along with Judy & Willie</p>	<p>17 1:00 St. Patrick's Day Party  3:00 Bowling @ Mount Airy Bowling Lanes-</p>
<p>20 10:00 Water Aerobics w/Ann 11:30 Virtual Facebook Group Chat 2:00 Line Dance w/Jene</p>	<p>21 1:00 Rook for Beginners</p>	<p>22 10:00 Water Aerobics w/Ann 12:30 Bingo 2:00 VAYA Health Class</p>	<p>23 12:30 Knitting/Crochet 1:00 Garden Workshop Organic Seed Starting</p>	<p>24 9:30 NC Senior Tarheel Legislature 30th Anniversary Celebration—Boonville 3:00 Bowling @ Mount Airy Bowling Lanes-</p>
<p>27 10:00 Water Aerobics w/Ann 11:30 Virtual Facebook Group Chat 2:00 Line Dance w/Jene</p>	<p>28 11:00 Yarn Spinning 1:00 Rook for Beginners</p>	<p>29 10:00 Water Aerobics w/Ann 12:30 Bingo</p>	<p>30 12:30 Knitting/Crochet</p>	<p>31 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.

Katrinka Rinehart, Pilot Mountain Senior Center Manager - (336) 368-2012 Ext.203