



PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

April 2023

CONGREGATE MEAL SITE REOPENING: We will be reopening the congregate meal site for in-person dining on Friday, May 12. Meals will be served daily, Monday through Friday, at 11:30 AM. Congregate meal pick-up will end on Thursday, May 11 and will no longer be allowed due to the expiration of the Federal Major Disaster Declaration.

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:

Drop in activities available: Monday thru Friday 9:00 am - 4:00 pm

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

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

Rook / Pinochle for Beginners: Every Tuesday 1:00 PM

Yarn Spinning Group: Every 4th Tuesday 11:00-2:00

Bingo: Every Wednesday at 12:30 PM

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

Cardio Drumming Class: Every Friday at 1:00 PM

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

Special Events:

Thursday, April 20th at 11:00 AM: Gardening Workshop
Grow your own salad bowl -Registration is required.

Thursday, April 20th at 1:30 PM: Easter Sing Along with Judy & Willie

Wednesday April 26th at 2:00 PM: VAYA Health Class:

Topic: Dementia: "A deeper understanding"

We wish you a very Happy Easter!

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:

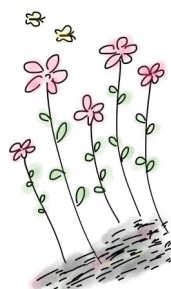
- Housing Assistance
- Reverse Mortgage Counseling
- Home Health Services/In-home Aide Services
- Medicaid Benefits
- Social Security Benefits
- Long-term Care Facilities
- Rehabilitation Services
- Respite
- Energy Assistance
- Food Distribution
- Adult Day Care
- Mental Health
- Hospice Care

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



APRIL 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>3 10:00 Water Aerobics w/Ann 11:30 Virtual Facebook Group Chat 2:00 Line Dance w/Jene</p>	<p>4 1:00 Rook / Pinochle for Beginners</p>	<p>5 10:00 Water Aerobics w/Ann 12:30 Bingo 12:30 Knitting/Crochet</p>	<p>6</p>	<p>7 CLOSED</p>
<p>10 10:00 Water Aerobics w/Ann 11:30 Virtual Facebook Group Chat 2:00 Line Dance w/Jene</p>	<p>11 1:00 Rook / Pinochle for Beginners</p>	<p>12 10:00 Water Aerobics w/Ann 12:30 Bingo 12:30 Knitting/Crochet</p>	<p>13</p>	<p>14 1:00 Cardio Drumming Class 3:00 Bowling @ Mount Airy Lanes</p>
<p>17 10:00 Water Aerobics w/Ann 11:30 Virtual Facebook Group Chat 2:00 Line Dance w/Jene</p>	<p>18 1:00 Rook / Pinochle for Beginners</p>	<p>19 10:00 Water Aerobics w/Ann 12:30 Bingo 12:30 Knitting/Crochet</p>	<p>20 11:00 Gardening Workshop 1:30 Easter Along with Judy & Willie</p>	<p>21 1:00 Cardio Drumming Class 3:00 Bowling @ Mount Airy Lanes</p>
<p>24 10:00 Water Aerobics w/Ann 11:30 Virtual Facebook Group Chat 2:00 Line Dance w/Jene</p>	<p>25 11:00 Yarn Spinning 1:00 Rook / Pinochle for Beginners</p>	<p>26 10:00 Water Aerobics w/Ann 12:30 Bingo 12:30 Knitting/Crochet 2:00 VAYA Health Class</p>	<p>27</p>	<p>28 1:00 Cardio Drumming Class 3:00 Bowling @ Mount Airy Lanes</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