

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

May 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.

Closed Monday, May 29th in observance of Memorial Day

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

Please note: Facebook Chat will end May 12, 2023

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 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:

May 18th at 1:30 PM: Sing Along with Judy & Willie "Mothers"

May 24th at 2:00 PM: VAYA Health Class

Topic: Enriching "Mental Health with Complementary Treatments"

May 25th at 1:00 PM Gardening Workshop "Berries in a basket" (bring your own basket) Registration is required.

Remembering the men and women who died while serving our country. Happy Memorial Day!





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







MAY 2023



10.00 Water Aerobics	Mon	Tue	Wed	Thu	Fri
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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.