



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



Mon	Tue	Wed	Thu	Fri
1 10:00 Water Aerobics w/Ann 11:30 Virtual Facebook Group Chat 2:00 Line Dance w/Jene	2 9-12 HBMD 1:00 Rook	3 10:00 Water Aerobics w/Ann 12:30 Bingo 12:30 Knitting/Crochet	4 9-4 Drop In Activities	5 1:00 Cardio Drumming 3:00 Bowling @ Mt. Airy Lanes
8 10:00 Water Aerobics w/Ann 11:30 Virtual Facebook Group Chat 2:00 Line Dance w/Jene	9 9-12 HBMD 1:00 Rook	10 10:00 Water Aerobics w/Ann 12:30 Bingo 12:30 Knitting/Crochet	11 9-4 Drop In Activities 11:00 Crafts w/ Ann & Linda	12 11:30 Congregate Meals 1:00 Cardio Drumming 3:00 Bowling @ Mt. Airy Lanes
15 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 2:00 Line Dance w/Jene	16 9-12 HBMD 11:30 Congregate Meals 1:00 Rook	17 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 Bingo 12:30 Knitting/Crochet	18 11:30 Congregate Meals 1:30 Sing A Long	19 11:30 Congregate Meals 1:00 Cardio Drumming 3:00 Bowling @ Mt. Airy Lanes
22 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 2:00 Line Dance w/Jene	23 9-12 HBMD 11:30 Congregate Meals 1:00 Rook	24 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 Bingo 12:30 Knitting/Crochet 2:00 VAYA Health Class	25 11:30 Congregate Meals 1:00 Garden Workshop	26 11:30 Congregate Meals 1:00 Cardio Drumming 3:00 Bowling @ Mt. Airy Lanes
29 CLOSED Happy Memorial Day! 	30 9-12 HBMD 11:00 Yarn Spinning 11:30 Congregate Meals 1:00 Rook	31 10:00 Water Aerobics w/ Ann 11:30 Congregate Meals 12:30 Bingo 12:30 Knitting/Crochet	Contact Katrinka at (336) 368-2012 ext. 203 to register for events or if you would like the zoom links for our virtual activities	Lunch is served daily at 11:30 a.m. for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more Information.

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