



PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

June 2023

Daily Congregate Meals Mon-Fri 11:30 AM-12:30 PM

Homebound Meals Delivered every Tuesday

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 : 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:

June 7 at 11:30 “Diabetes Info” w/ Priscilla Brawley *SCHNC

June 15 at 1:30 PM: “Sing A Long” with Judy & Willie

June 20 at 1:00 PM Gardening Workshop “Backyard Butterflies” with Susan Martin

Crafting w/ Ann & Linda (to be announced when June date is set)

**June 28 at 2:00 PM: VAYA Health Class
Topic: “Neurocognitive & the basics of Dementia”**



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






JUNE 2023



Mon	Tue	Wed	Thu	Fri
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.	Contact Katrinka at (336) 368-2012 ext. 203 to register for events or if you would like the zoom links for our virtual activities		1 11:30 Congregate Meals 9-4 Drop In Activities	2 11:30 Congregate Meals 1:00 Cardio Drumming (Canceled) 3:00 Bowling @ MA
5 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 2:00 Line Dance w/Jene	6 9-12 HBMD 11:30 Congregate Meals 9-4 Drop In Activities 1:00 Rook	7 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 11:30 –12:00 Speaker 12:30 Bingo 12:30 Knitting/Crochet	8 11:30 Congregate Meals 9-4 Drop In Activities	9 11:30 Congregate Meals 1:00 Cardio Drumming 3:00 Bowling @ Mt. Airy Lanes
12 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 2:00 Line Dance w/Jene	13 9-12 HBMD 11:30 Congregate Meals 1:00 Rook	14 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 Bingo 12:30 Knitting/Crochet	15 11:30 Congregate Meals 9-4 Drop In Activities 1:30 Sing A Long	16 11:30 Congregate Meals 1:00 Cardio Drumming 3:00 Bowling @ Mt. Airy Lanes
19 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 2:00 Line Dance w/Jene	20 9-12 HBMD 11:30 Congregate Meals 1:00 Garden Workshop 1:00 Rook	21 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 Bingo 12:30 Knitting/Crochet	22 11:30 Congregate Meals 9-4 Drop In Activities	23 11:30 Congregate Meals 1:00 Cardio Drumming 3:00 Bowling @ Mt. Airy Lanes
26 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 2:00 Line Dance w/Jene	27 9-12 HBMD 11:30 Congregate Meals 11:00 Yarn Spinning 1:00 Rook	28 10:00 Water Aerobics w/ Ann 11:30 Congregate Meals 12:30 Bingo 12:30 Knitting/Crochet 2:00 VAYA Health Class	29 11:30 Congregate Meals 9-4 Drop In Activities	30 11:30 Congregate Meals 1:00 Cardio Drumming 3:00 Bowling @ Mt. Airy Lanes

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