



# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



## Important Announcements:

July 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

(Drop In Activities include: Checkers, Dominoes, puzzles, coloring book & DVD swap)

**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 AM-2:00 PM

**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

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### Special Events

**July 10th –11 AM-12 PM:** Blood Pressure Checks

**July 11th at 11 AM-12:30 PM:** Nutritional Educator, Sruthi Boddapati will do a “Food Demo” for congregate participants

**July 20th at 1:30 PM:** “Sing A Long” with Judy & Willie

**July 25th at 1:00 PM:** Gardening Workshop “Pollinator Planter”

**July 26th at 2:00 PM:** VAYA Health Class  
**Topic:** PTSD “Healing the emotional wound”

### 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](http://www.unitedfundofsurry.org)





# JULY 2023



Mon	Tue	Wed	Thu	Fri
3 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 11:00 Health Talk 2:00 Line Dance w/Jene	4 CLOSED	5 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 Bingo 12:30 Knitting/Crochet	6 11:30 Congregate Meals 9-4 Drop In Activities	7 11:30 Congregate Meals 1:00 Cardio Drumming 3:00 Bowling @ MA
10 10:00 Water Aerobics w/Ann 11:00 Nutrition Talk 11:30 Congregate Meals 11:00-12:00 -Blood pressure checks	11 9-12 HBMD 11:00 -12:30 Speaker & "Food Demo" 11:30 Congregate Meals 1:00 Rook	12 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 Bingo 12:30 Knitting/Crochet	13 11:30 Congregate Meals 9-4 Drop In Activities	14 11:30 Congregate Meals 1:00 Cardio Drumming 3:00 Bowling @ MA
17 10:00 Water Aerobics w/Ann 11:00 Exercise Talk 11:30 Congregate Meals 2:00 Line Dance w/Jene	18 9-12 HBMD 11:30 Congregate Meals 1:00 Rook	19 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 Bingo 12:30 Knitting/Crochet	20 11:30 Congregate Meals 1:30 Sing A Long	21 11:30 Congregate Meals 1:00 Cardio Drumming 3:00 Bowling @ MA
24 10:00 Water Aerobics w/Ann 11:00 Safety Talk 11:30 Congregate Meals 2:00 Line Dance w/Jene	25 9-12 HBMD 11:30 Congregate Meals 1:00 Garden Workshop 1:00 Rook	26 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 Bingo 12:30 Knitting/Crochet	27 11:30 Congregate Meals 9-4 Drop In Activities	28 11:30 Congregate Meals 1:00 Cardio Drumming 3:00 Bowling @ MA
31 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 2:00 Line Dance w/Jene			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**