



PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

August 2023

Congregate Meals Monday-Friday 11:30 AM-12:30 PM

Homebound Meals Delivered every Tuesday

Weekly Activities

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

Line Dance with Jene (Beginners & Medium Level): Every Monday 2:00-4:00 PM

Rook: Every Tuesday 1:00 – 3:00 PM

Yarn Spinning Group: Every 4th Tuesday 11:00 AM-3:00 PM

Bingo: Every Wednesday at 12:30 PM

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

Cardio Drumming Class: Every Friday at 9:30 AM *****New Time*****

Bowling @ Mt. Airy Lanes: Every Friday at 1:00 PM *****New Time*****

“DROP IN” Activities Monday thru Friday 9:00 AM-4:00 PM

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

***** August Special Events *****

August 2 at 11:00 AM-12:30 PM: Nutritional Educator, Sruthi Boddapati will do a “Food Demo” for congregate participants

August 7 at 12:30 –1:30 PM: VAYA Health Class –OCD “Thought Behavior Cycle”

August 10 at 1:00 PM: Crafting with Ann & Linda \$15 (pre-registration required)

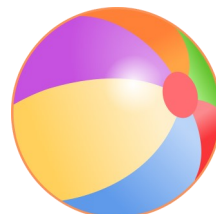
August 15 at 9:00 AM-3:50 PM: Mobile Mammogram – Novant Health Breast Center

August 16 at 11:30 AM-12:30 PM: Margaret Hauser from Hospice “Hospice 101”

August 17 at 1:30 PM: “Sing A Long” with Judy & Willie

August 21 at 12:15 PM: “Sing A Long” with Judy & Willie

August 24 at 1:00 PM: Gardening Workshop “Fall Garden Planter” (pre-registration required)



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





AUGUST 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>1 9-12 HBMD 11:30 Congregate Meals 1:00 Rook</p>	<p>2 10:00 Water Aerobics w/Ann 11:00 2nd Harvest Food Bank "Food Demo" 11:30 Congregate Meals 12:30 Bingo 12:30 Knitting/Crochet</p>	<p>3 9-4 Drop In Activities 11:30 Congregate Meals</p>	<p>4 9:30 Cardio Drumming 11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>7 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 VAYA Health 2:00 Line Dance w/Jene</p>	<p>8 9-12 HBMD 11:30 Congregate Meals 1:00 Rook</p>	<p>9 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 BINGO 12:30 Knitting/Crochet</p>	<p>10 9-4 Drop In Activities 11:30 Congregate Meals 1:00 Craft w/ Ann & Linda \$</p>	<p>11 9:30 Cardio Drumming 11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>14 10:00 Water Aerobics w/Ann 11:00 Exercise Talk 11:30 Congregate Meals 2:00 Line Dance w/Jene</p>	<p>15 9:00-3:50 Mobile Mammogram 9-12 HBMD 11:30 Congregate Meals 1:00 Rook</p>	<p>16 10:00 Water Aerobics w/Ann 11:30 "Hospice 101" 11:30 Congregate Meals 12:30 BINGO 12:30 Knitting/Crochet</p>	<p>17 9-4 Drop In Activities 11:30 Congregate Meals 1:30 Sing A Long</p>	<p>18 9:30 Cardio Drumming 11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>21 10:00 Water Aerobics w/Ann 11:00 Safety Talk 11:30 Congregate Meals 2:00 Line Dance w/Jene 12:15 Sing A Long</p>	<p>22 9-12 HBMD 11:30 Congregate Meals 11:00-3:00 Yarn Spinning</p>	<p>23 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 BINGO 12:30 Knitting/Crochet</p>	<p>24 9-4 Drop In Activities 11:30 Congregate Meals 1:00 Garden Workshop</p>	<p>25 9:30 Cardio Drumming 11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>28 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 2:00 Line Dance w/Jene</p>	<p>29 9-12 HBMD 11:30 Congregate Meals 1:00 Rook</p>	<p>30 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 BINGO 12:30 Knitting/Crochet</p>	<p>31 9-4 Drop In Activities 11:30 Congregate Meals</p>	<p>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.</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.1052