



# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



## Important Announcements:

September 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 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

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

**"DROP IN" Activities Monday thru Friday 9:00 AM-4:00 PM**

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

## \*\*\*\*\* September Special Events \*\*\*\*\*

**Sept. 11th at 12:30 –1:30 PM:** VAYA Health Class

**Sept. 14th at 1:00 PM:** Crafting with Ann & Linda (pre-registration required)

**Sept. 20th at 11:15 AM–12:15 PM:** Blood Pressure Checks w/ Mountain Valley Hospice

**Sept. 21st at 1:30 PM:** "Sing A Long" with Judy & Willie

**Sept. 25th at 12:15 PM:** "Sing A Long" with Judy & Willie

**Sept. 26th at 1:00 PM:** Gardening Workshop (pre-registration required)

*"Painting Class" Sept Date/Time TBA (will post on our Facebook page)*

### 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)





# SEPTEMBER 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><b>Painting Class to begin Date/Time TBA soon Will post on Facebook</b></p> <p><b>YVEDDI Pilot Mountain Senior Center page</b></p>	<p>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older.</p> <p>You must be registered. Contact the Nutrition Site Manager for more information</p>		<p>1</p> <p>9:30 Cardio Drumming</p> <p>11:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</p>
<p>4</p> <p>CLOSED</p> 	<p>5</p> <p>9-12 HBMD</p> <p>11:30 Congregate Meals</p> <p>1:00 Rook</p>	<p>6</p> <p>10:00 Water Aerobics w/Ann</p> <p>11:00 Health Talk</p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO</p> <p>12:30 Knitting/Crochet</p>	<p>7</p> <p>9-4 Drop In Activities</p> <p>11:30 Congregate Meals</p>	<p>8</p> <p>9:30 Cardio Drumming</p> <p>11:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</p>
<p>11</p> <p>10:00 Water Aerobics</p> <p>11:00 Nutrition Talk</p> <p>11:30 Congregate Meals</p> <p><b>12:30-1:30 VAYA</b></p> <p>2:00 Line Dance w/Jene</p>	<p>12</p> <p>9-12 HBMD</p> <p>11:30 Congregate Meals</p> <p>1:00 Rook</p>	<p>13</p> <p>10:00 Water Aerobics w/Ann</p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO (Haley)</p> <p>12:30 Knitting/Crochet</p>	<p>14</p> <p>9-4 Drop In Activities</p> <p>11:30 Congregate Meals</p> <p><b>1:00 Craft -Ann &amp; Linda</b></p>	<p>15</p> <p>9:30 Cardio Drumming</p> <p>11:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</p>
<p>18</p> <p>10:00 Water Aerobics w/Ann</p> <p>11:00 Exercise Talk</p> <p>11:30 Congregate Meals</p> <p>2:00 Line Dance w/Jene</p>	<p>19</p> <p>9-12 HBMD</p> <p>11:00 Congregate Meals</p> <p>1:00 Rook</p>	<p>20</p> <p>10:00 Water Aerobics</p> <p><b>11:15 Blood Pressure check w/MVH</b></p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO</p> <p>12:30 Knitting/Crochet</p>	<p>21</p> <p>9-4 Drop In Activities</p> <p>11:30 Congregate Meals</p> <p><b>1:30 Sing A Long</b></p>	<p>22</p> <p>9:30 Cardio Drumming</p> <p>11:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</p>
<p>25</p> <p>10:00 Water Aerobics w/Ann</p> <p>11:00 Safety Talk</p> <p>11:30 Congregate Meals</p> <p><b>12:00 Sing A Long</b></p> <p>2:00 Line Dance w/Jene</p>	<p>26</p> <p>9-12 HBMD</p> <p>11-3 Yarn Spinning</p> <p>11:30 Congregate Meals</p> <p>1:00 Rook</p> <p><b>1:00 Garden Class</b></p>	<p>27</p> <p>10:00 Water Aerobics w/Ann</p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO</p> <p>12:30 Knitting/Crochet</p>	<p>28</p> <p>9-4 Drop In Activities</p> <p>11:30 Congregate Meals</p>	<p>29</p> <p>9:30 Cardio Drumming</p> <p>11:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</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**