



# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



## Important Announcements:

October 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

**Painting with friends:** (2nd & 4th) Monday

**Line Dance w/ Margaret** (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

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### October Special Events

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**Oct. 2nd at 12:30 –1:30 PM:** VAYA Health Class -Anxiety: Managing Nervous Energy

**Oct. 5th at 1:00 PM** Crafts w/ Ann & Linda “Coasters”

**Oct. 9th at 12:30 PM–1:30 PM:** “Advanced Directives” Class w/ MVH

**Oct. 16th at 12:00 PM:** “Sing A Long” with Judy & Willie “Being thankful”

**Oct. 19th at 1:30 PM:** “Sing A Long” with Judy & Willie “Being thankful”

**Oct. 24th at 1:00 PM:** Gardening Workshop (pre-registration required)

**Oct 24th at 11:00 AM-3:00 PM** Yarn Spinning Group



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)



# OCTOBER 2023



Mon	Tue	Wed	Thu	Fri
<p>2 10:00 Water Aerobics</p> <p>11:30 Congregate Meals <b>12:30-1:30 VAYA</b></p> <p>2:00 Line Dance w/ Margaret</p>	<p>3 9-12 Homebound meals</p> <p>11:30 Congregate Meals</p> <p>1:00 Rook</p>	<p>4 10:00 Water Aerobics w/Ann</p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO 12:30 Knitting/Crochet</p>	<p>5 9-4 Drop In Activities</p> <p>11:30 Congregate Meals</p> <p><b>1:00 Craft -Ann &amp; Linda</b></p>	<p>6 9:30 Cardio Drumming</p> <p>11:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</p>
<p>9 10:00 Water Aerobics 10:00 Painting Class</p> <p>11:30 Congregate Meals <b>12:30-1:30 MVH Class</b></p> <p>2:00 Line Dance w/ Margaret</p>	<p>10 9-12 Homebound meals</p> <p>11:30 Congregate Meals</p> <p>1:00 Rook</p>	<p>11 10:00 Water Aerobics w/Ann</p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO 12:30 Knitting/Crochet</p>	<p>12 9-4 Drop In Activities</p> <p>11:30 Congregate Meals</p>	<p>13 9:30 Cardio Drumming</p> <p>11:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</p>
<p>16 10:00 Water Aerobics 11:30 Congregate Meals <b>12:00 Sing A Long 1</b></p> <p>2:00 Line Dance w/ Margaret</p>	<p>17 9-12 Homebound meals</p> <p>11:30 Congregate Meals</p> <p>1:00 Rook</p>	<p>18 10:00 Water Aerobics w/Ann</p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO 12:30 Knitting/Crochet</p>	<p>19 9-4 Drop In Activities</p> <p>11:30 Congregate Meals</p> <p><b>1:30 Sing A Long 2</b></p>	<p>20 9:30 Cardio Drumming</p> <p>11:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</p>
<p>23 10:00 Water Aerobics w/Ann 10:00 Painting Class</p> <p>11:30 Congregate Meals</p> <p>2:00 Line Dance w/ Mar-</p>	<p>24 9-12 Homebound meals</p> <p>11-3 Yarn Spinning</p> <p>11:30 Congregate Meals</p> <p><b>1:00 Gardening Class</b></p>	<p>25 10:00 Water Aerobics</p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO 12:30 Knitting/Crochet</p>	<p>26 9-4 Drop In Activities</p> <p>11:30 Congregate Meals</p> <p>1:00 Rook</p>	<p>27 9:30 Cardio Drumming</p> <p>11:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</p>
<p>30 10:00 Water Aerobics w/Ann 11:30 Congregate Meals</p> <p>2:00 Line Dance w/ Margaret</p>	<p>31 9-12 HBMD</p> <p>11:30 Congregate Meals</p> <p>1:00 Rook</p>	<p> "like" us on facebook</p> <p><b>Follow us on the YVEDDI Pilot Mountain Senior Center page</b></p>	<p>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more information</p>	<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>

**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**