



PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

November 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 at 10:00 AM

Line Dance w/ Margaret Every Monday 2:00-3:30 PM

Game Day Every Tuesday 12:30 PM

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

Bingo: Every Wednesday at 12:30 PM

Knitting & Crochet Group: Every Wednesday at 1:30 PM

Cardio Drumming Class: Every Friday at 9:30 AM

Bowling @ Mt. Airy Lanes: Every Friday at 1:00 PM/ \$1.50 per person

November Special Events

Nov. 6th at 12:30 VAYA Health Class Living w/Anxiety: Medications that help

Nov. 7th No Activities Scheduled

Nov. 9th at 1:00 PM Crafts w/ Ann & Linda "Barnyard Gnomes" \$12.00

Nov 10th Closed

Nov. 14th at 1:00 PM: Gardening Workshop "Love those Lenten Roses- How to care for them. Pre-registration required.

Nov. 21 at 11:30 2nd Harvest Food Bank –Food Demo

Nov 23 & 24 Closed for Thanksgiving

Nov. 28th 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



NOVEMBER 2023



| Mon | Tue | Wed | Thu | Fri |
|---|---|---|--|--|
| <p>Follow us on the YVEDDI Pilot Mountain Senior Center page</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> | <p>1 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p> | <p>2 9-4 Drop In Activities 11:30 Congregate Meals</p> | <p>3 9:30 Cardio Drumming 11:30 Congregate Meals 1:00 Bowling-MA Lanes</p> |
| <p>6 10:00 Water Aerobics 10:00 Painting Class 11:30 Congregate Meals 12:30-1:30 VAYA Class 2:00 Line Dance</p> | <p>7 9-12 Homebound meals 11:30 Congregate Meals No Activities today</p> | <p>8 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p> | <p>9 9-4 Drop In Activities 11:30 Congregate Meals 1:00 Craft -Ann & Linda</p> | <p>10 CLOSED</p> |
| <p>13 10:00 Water Aerobics 11:30 Congregate Meals 2:00 Line Dance</p> | <p>14 9-12 Homebound meals 11:30 Congregate Meals 12:30 Game Day 1:00 Gardening Class</p> | <p>15 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p> | <p>16 9-4 Drop In Activities 11:30 Congregate Meals</p> | <p>17 9:30 Cardio Drumming 11:30 Congregate Meals 1:00 Bowling-MA Lanes</p> |
| <p>20 10:00 Water Aerobics w/Ann 10:00 Painting Class 11:30 Congregate Meals 2:00 Line Dance</p> | <p>21 9-12 Homebound meals 11:30 Congregate Meals 12:30 Game Day</p> | <p>22 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p> | <p>23 CLOSED</p>  | <p>24 CLOSED</p> |
| <p>27 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 2:00 Line Dance</p> | <p>28 9-12 HBMD 11-3 Yarn Spinning 11:30 Congregate Meals 12:30- Game Day</p> | <p>29 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p> | <p>30 9-4 Drop In Activities 11:30 Congregate Meals</p> | <p>Contact Katrinka at (336) 368-2012 ext.1052 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