



# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



## Important Announcements:

December 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's at 10:00 AM

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

## December Special Events

**Dec. 4th at 12:30** VAYA Health Class "Opportunities to help during crisis"

**Dec. 7th at 1:00 PM** Gardening Workshop **Pre-registration required.**

**Dec. 12th at 1:00 PM** Crafts w/Natalie A. Bow making Class **Pre register**

**Dec. 13th at 11:15** Blood Pressure Checks –Mountain Valley Hospice

**Dec. 13th at 12:30** Bingo Christmas Party-(Bring a finger food)

**Dec. 18th at 12:30** Crafts w/ Natalie Ames-Christmas Star –**Pre register**

**Dec. 21st at 1:00** Sing A Long/Christmas Party w/ Willie & Judy

**Dec. 25th –Jan. 2nd Closed for Christmas & New Year's holiday**

**Merry Christmas Everyone !!!**

### 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)



# DECEMBER 2023



Mon	Tue	Wed	Thu	Fri
<p>Follow us on the <b>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.1052 to register for events or if you would like the zoom links for our virtual activities</p>		<p>1 9:30 Cardio Drumming 11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>4 10:00 Water Aerobics 11:30 Congregate Meals <b>12:30 VAYA Health Class</b> 2:00 Line Dance</p>	<p>5 9-12 Homebound meals 11:30 Congregate Meals</p>	<p>6 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>7 9-4 Drop In Activities 11:30 Congregate Meals <b>1:00 Gardening Class</b></p>	<p>8 9:30 Cardio Drumming 11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>11 10:00 Water Aerobics <b>10:00 Painting Class</b> 11:30 Congregate Meals 2:00 Line Dance</p>	<p>12 9-12 Homebound meals 11:30 Congregate Meals <b>1:00 Crafts w/ Natalie Ames</b></p>	<p>13 10:00 Water Aerobics <b>11:15 Blood Pressure Ck</b> 11:30 Congregate Meals <b>12:30 BINGO &amp; Party</b> 1:30 Knitting/Crochet</p>	<p>14 9-4 Drop In Activities 11:30 Congregate Meals</p>	<p>15 9:30 Cardio Drumming 11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>18 10:00 Water Aerobics 11:30 Congregate Meals <b>12:30 Crafts w/ Natalie Ames</b> 2:00 Line Dance</p>	<p>19 9-12 Homebound meals 11:30 Congregate Meals</p>	<p>20 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>21 9-4 Drop In Activities 11:30 Congregate Meals <b>1:00 SING A LONG &amp; Party</b></p>	<p>22 9:30 Cardio Drumming 11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>25 <b>CLOSED</b> </p>	<p>26 <b>CLOSED</b></p>	<p>27 <b>CLOSED</b></p>	<p>28 <b>CLOSED</b></p>	<p>29 <b>CLOSED</b></p>
<p><i>Merry Christmas</i></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**