



PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

January 2024

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 Class Every Monday 2:00-3:30 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

January Special Events

Jan 1st Closed for New Year's Day

Jan 8th at 11:30 AM Lunch & Learn w/ Allie Willard "Health"

Jan. 8th at 12:30 PM VAYA Health Class "An overview of mental health"

Jan 15th Closed in observance of MLK Jr. Day

Jan. 18th at 1:00 PM Sing A Long w/ Willie & Judy "Winter"

Jan. 22nd at 1:00 PM Crafts w/ Natalie Ames "Snowflakes"

Jan. 25th at 1:00 PM Gardening Workshop "Garden in a jar"
(pre-registration required)

Contact Katrinka at (336) 368-2012 ext.1052 to register for events or if you would like the zoom links for our virtual activities

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



United Fund of Surry



JANUARY 2024



Mon	Tue	Wed	Thu	Fri
1 CLOSED Happy New Year!	2 9-12 Homebound meals 11:00-3:00 Yarn Spinning 11:30 Congregate Meals	3 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	4 9-4 Drop In Activities 11:30 Congregate Meals	5 9:30 Cardio Drumming 1:30 Congregate Meals 1:00 Bowling-MA Lanes
8 10:00 Water Aerobics 10:00 Painting Class 11:30 Lunch & Learn 11:30 Congregate Meals 12:30 VAYA Health 2:00 Line Dance	9 9-12 Homebound meals 11:30 Congregate Meals	10 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	11 9-4 Drop In Activities 11:30 Congregate Meals	12 9:30 Cardio Drumming 11:30 Congregate Meals 1:00 Bowling-MA Lanes
15 CLOSED MLK Jr	16 9-12 Homebound meals 11:30 Congregate Meals	17 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	18 9-4 Drop In Activities 11:30 Congregate Meals 1:00 SING A LONG	19 9:30 Cardio Drumming 11:30 Congregate Meals 1:00 Bowling-MA Lanes
22 10:00 Water Aerobics 10:00 Painting Class 11:30 Congregate Meals 1:00 Craft w/ Natalie 2:00 Line Dance	23 9-12 Homebound meals 11:00-3:00 Yarn Spinning 11:30 Congregate Meals	24 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	25 9-4 Drop In Activities 11:30 Congregate Meals 1:00 Gardening Class	26 9:30 Cardio Drumming 11:30 Congregate Meals 1:00 Bowling-MA Lanes
29 10:00 Water Aerobics 11:30 Congregate Meals 2:00 Line Dance	30 9-12 Homebound meals 11:30 Congregate Meals	31 10:00 Water Aerobics w/Ann 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	Follow us on the YVEDDI Pilot Mountain Senior Center page 	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

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