



PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

February 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

Munch & Mingle Community Meal (3rd) Friday every month

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

February Special Events

Feb. 5th at 12:30 PM:VAYA Health Class "Bipolar Disorder" Creating Balance

Feb. 8th at 1:00 PM: Gardening Workshop "Winter Sowing" (pre-registration required)

Feb. 12th at 11:30 AM: (lunch time) Sing A Long w/ Willie & Judy "Love"

Feb 13th at 1:30 PM: Crafts w/ Natalie Ames "Heart Wreath"

(pre-registration required)

Feb. 14th at 11:00 AM-12:30 PM: Blood Pressure checks w/ Margaret Hauser of Mountain Valley Hospice

Feb. 16th 12:30-3:00 PM: Munch & Mingle Community Meal w/ Armfield CC

Feb. 21 at 11:30 AM: Ridgecrest Educational Program w/ Connie Hamlin

Feb. 23rd at 1:00 PM: Crafts w/ Linda & Ann (craft to be announced)

Pre-registration required

Feb. 26th at 11:30 AM: Lunch & Learn w/ Allie Willard "Heart Disease"

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



FEBRUARY 2024



Mon	Tue	Wed	Thu	Fri
<p>Follow us on the YVEDDI Pilot Mountain Senior Center page</p>			<p>1 9-4 Drop In Activities 11:30 Congregate Meals</p>	<p>2 9:30 Cardio Drumming 1:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>5 10:00 Water Aerobics 11:30 Congregate Meals 12:30 VAYA Health 2:00 Line Dance</p>	<p>6 9-12 Homebound meals 11:30 Congregate Meals</p>	<p>7 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>8 9-4 Drop In Activities 11:30 Congregate Meals 1:00 Gardening Class</p>	<p>9 9:30 Cardio Drumming 11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>12 10:00 Water Aerobics 10:00 Painting Class 11:30 Congregate Meals 11:30 SING A LONG</p>	<p>13 9-12 Homebound meals 11:30 Congregate Meals 1:30 Craft w/ Natalie "Heart Wreath"</p>	<p>14 10:00 Water Aerobics 11:00 Blood Press. Ck 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>15 9-4 Drop In Activities 11:30 Congregate Meals</p>	<p>16 9:30 Cardio Drumming 11:30 Congregate Meals 12:30 Munch & Mingle 1:00 Bowling-MA Lanes</p>
<p>19 10:00 Water Aerobics 11:30 Congregate Meals 2:00 Line Dance</p>	<p>20 9-12 Homebound meals 11:30 Congregate Meals</p>	<p>21 10:00 Water Aerobics 11:30 Congregate Meals 11:30 Ridgecrest Edu. 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>22 9-4 Drop In Activities 11:30 Congregate Meals</p>	<p>23 9:30 Cardio Drumming 11:30 Congregate Meals 1:00 Craft w/Linda & Ann 1:00 Bowling-MA Lanes</p>
<p>26 10:00 Water Aerobics 10:00 Painting Class 11:30 Congregate Meals 11:30 Lunch & Learn 2:00 Line Dance</p>	<p>27 9-12 Homebound meals 11-3 Yarn Spinning 11:30 Congregate Meals</p>	<p>28 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>29 9-4 Drop In Activities 11:30 Congregate Meals</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>

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