



PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

March 2024

Congregate Meals Monday-Friday 11:30 AM-12:30 PM
Homebound Meals Delivered every Tuesday

Weekly Activities

Monday's

Water Aerobics with Ann: at 10:00
Painting with Friends: **(2nd & 4th)** at 10:00
Line Dance Class Every Monday 2:00-3:30

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

Wednesday's

Water Aerobics with Ann: 10:00 AM
Bingo: Wednesday at 12:30 PM
Knitting & Crochet Group: at 1:30 PM

Friday's

Cardio Drumming Class: at 9:30
Munch & Mingle Community Meal **(3rd)** Friday
Bowling @ Mt. Airy Lanes: at 1:00 PM/ \$1.50 per person



February Special Events

March 3rd at 12:30 PM: VAYA Health Class "Hoarding Disorder" Hidden Secrets

March 6th at 11:00 AM: "Blood Pressure Checks" w/ Margaret Hauser of Mountain Valley Hospice

March 12th at 1:30 PM: Crafts w/ Natalie Ames "Spring Garland" **(Pre-registration required)**

March 15th 12:30-3:00 PM: "Munch & Mingle" Community Meal & Games w/ Arm-field Civic Center

March 28th at 1:00 PM: Gardening Workshop "Propagating Leggy Succulents" **(Pre-registration required)**

March 18th at 11:30: "Easter Songs on piano" w/ Wanda Goins (Lunch Time)

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

Happy Easter!

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



MARCH 2024

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.</p> <p>You must be registered. Contact the Nutrition Site Manager for more information</p>			<p>1</p> <p>9:30 Cardio Drumming</p> <p>1:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</p>
<p>4</p> <p>10:00 Water Aerobics</p> <p>11:30 Congregate Meals</p> <p>12:30 VAYA Health</p> <p>2:00 Line Dance</p>	<p>5</p> <p>9-12 Homebound meals</p> <p>11:30 Congregate Meals</p>	<p>6</p> <p>10:00 Water Aerobics</p> <p>11:00 Blood Press. Ck</p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO</p>	<p>7</p> <p>9-4 Drop In Activities</p> <p>11:30 Congregate Meals</p> <p>1:00 Gardening Class</p>	<p>8</p> <p>9:30 Cardio Drumming</p> <p>11:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</p>
<p>11</p> <p>10:00 Water Aerobics</p> <p>10:00 Painting Class</p> <p>11:30 Congregate Meals</p> <p>2:00 Line Dance</p>	<p>12</p> <p>9-12 Homebound meals</p> <p>11:30 Congregate Meals</p> <p>1:30 Craft w/ Natalie "Spring Garland"</p>	<p>13</p> <p>10:00 Water Aerobics</p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO</p> <p>1:30 Knitting/Crochet</p>	<p>14</p> <p>9-4 Drop In Activities</p> <p>11:30 Congregate Meals</p>	<p>15</p> <p>9:30 Cardio Drumming</p> <p>11:30 Congregate Meals</p> <p>12:30 Munch & Mingle</p> <p>1:00 Bowling-MA Lanes</p>
<p>18</p> <p>10:00 Water Aerobics</p> <p>11:30 Congregate Meals</p> <p>11:30 Easter Songs-by piano w/Wanda Goins</p> <p>2:00 Line Dance</p>	<p>19</p> <p>9-12 Homebound meals</p> <p>11:30 Congregate Meals</p> 	<p>20</p> <p>10:00 Water Aerobics</p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO</p> <p>1:30 Knitting/Crochet</p>	<p>21</p> <p>9-4 Drop In Activities</p> <p>11:30 Congregate Meals</p>	<p>22</p> <p>9:30 Cardio Drumming</p> <p>11:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</p>
<p>25</p> <p>10:00 Water Aerobics</p> <p>10:00 Painting Class</p> <p>11:30 Congregate Meals</p> <p>2:00 Line Dance</p>	<p>26</p> <p>9-12 Homebound meals</p> <p>11-3 Yarn Spinning</p> <p>11:30 Congregate Meals</p>	<p>27</p> <p>10:00 Water Aerobics</p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO</p> <p>1:30 Knitting/Crochet</p>	<p>28</p> <p>9-4 Drop In Activities</p> <p>11:30 Congregate Meals</p> <p>1:00 Garden Class</p>	<p>29</p> <p>CLOSED</p> <p>Good Friday</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