



# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



## Important Announcements:

April 2024

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

## Weekly Activities

### Monday's

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

### Tuesday's

11:00 AM-3:00 PM: Yarn Spinning Group **(4th Tuesday)**  
12:30 PM Cards & Games

### Wednesday's

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

### Thursday's

12:30 PM Cards & Games

### Friday's

12:30 PM Cards & Games  
1 PM: Bowling @ Mt. Airy Lanes: at 1:00 PM/ \$1.50 per person  
12:30 PM Munch & Mingle Community Meal/Games **(3rd Friday ea. month)**

## April Special Events

**April 1st at 12:30 PM: VAYA Health Class "Facing the Challenges of Chronic Illness"**

**April 16th at 1:00 PM: Gardening Workshop "Happy Healthy Hummingbirds" (Pre-registration required)**

**April 18th at 1:00 PM: Crafts w/ Ann & Linda "Smash Can" (Pre-registration req.)**

**April 18th at 11:30: Sing A Long w/ Willie & Judy Chambers "Prayer" (Lunch Time)**

**April 19th 12:30-3:00 PM: "Munch & Mingle" Community Meal /Games w/ Armfield**

**April 24th at 11:30 Lunch Time Music w/ local talent**

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](http://www.unitedfundofsurry.org)



# APRIL 2024



Mon	Tue	Wed	Thu	Fri
<b>1</b> 10:00 Water Aerobics 11:30 Congregate Meals <b>12:30 VAYA Health</b> 2:00 Line Dance	<b>2</b> 9-12 Homebound meals 11:30 Congregate Meals 12:30 Cards & games	<b>3</b> 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	<b>4</b> 9-4 Drop In Activities 1130 Congregate Meals 12:30 Cards & games	<b>5</b> 11:30 Congregate Meals 1:00 Bowling-MA Lanes
<b>8</b> 10:00 Water Aerobics <b>10:00 Painting Class</b> 11:30 Congregate Meals 2:00 Line Dance	<b>9</b> 9-12 Homebound meals 11:30 Congregate Meals 12:30 Cards & games	<b>10</b> 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	<b>11</b> 9-4 Drop In Activities 11:30 Congregate Meals 12:30 Cards & games	<b>12</b> 11:30 Congregate Meals 1:00 Bowling-MA Lanes
<b>15</b> 10:00 Water Aerobics 11:30 Congregate Meals 2:00 Line Dance	<b>16</b> 9-12 Homebound meals 11:30 Congregate Meals <b>1:00 Gardening Class</b> 12:30 Cards & games	<b>17</b> 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	<b>18</b> 9-4 Drop In Activities 11:30 Congregate Meals <b>11:30 Sing A Long</b> <b>1:00 Craft w/Ann &amp; Linda</b>	<b>19</b> 11:30 Congregate Meals <b>12:30 Munch &amp; Mingle</b> 1:00 Bowling-MA Lanes
<b>22</b> 10:00 Water Aerobics <b>10:00 Painting Class</b> 11:30 Congregate Meals 2:00 Line Dance	<b>23</b> 9-12 Homebound meals <b>11-3 Yarn Spinning</b> 11:30 Congregate Meals 12:30 Cards & games	<b>24</b> 10:00 Water Aerobics 11:30 Congregate Meals <b>11:30 Lunch &amp; Music</b> 12:30 BINGO 1:30 Knitting/Crochet	<b>25</b> 9-4 Drop In Activities 11:30 Congregate Meals 12:30 Cards & games	<b>26</b> 11:30 Congregate Meals 1:00 Bowling-MA Lanes
<b>29</b> 10:00 Water Aerobics 11:30 Congregate Meals 2:00 Line Dance	<b>30</b> 9-12 Homebound meals 11:30 Congregate Meals 12:30 Cards & games		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	<b>Follow us on the YVEDDI Pilot Mountain Senior Center page</b> 

**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**