



PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

May 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 Monday)**
2:00 PM: Line Dance Class **(Every Monday)**

Tuesday's

11:00 AM at 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
1:00 PM: Bowling @ Mt. Airy Lanes- \$1.50 per person

May Special Events

May 6th at 12:30 PM: VAYA Health Class
May 13th at 11:30 AM Sing A Long w/ Willie & Judy Chambers
May 21st at 1:00 PM: Gardening Workshop **(Pre-registration required)**
May 20th at 11:30 AM Music "Memorial Day" themed songs 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

Remembering the men and women who died while serving our country.
Happy Memorial Day!



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



MAY 2024



Mon	Tue	Wed	Thu	Fri
<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>	<p>Follow us on the YVEDDI Pilot Mountain Senior Center page</p> 	<p>1</p> <p>10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>2</p> <p>9-4 Drop In Activities 1130 Congregate Meals 12:30 Cards/games</p>	<p>3</p> <p>11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>6</p> <p>10:00 Water Aerobics 11:30 Congregate Meals 2:00 Line Dance</p>	<p>7</p> <p>9-12 Homebound meals 11:30 Congregate Meals 12:30 Cards/games</p>	<p>8</p> <p>10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>9</p> <p>9-4 Drop In Activities 11:30 Congregate Meals 12:30 Cards/games</p>	<p>10</p> <p>11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>13</p> <p>10:00 Water Aerobics 10:00 Painting Class 11:30 Sing A Long 11:30 Congregate Meals 2:00 Line Dance</p>	<p>14</p> <p>9-12 Homebound meals 11:30 Congregate Meals 12:30 Cards/games</p>	<p>15</p> <p>10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>16</p> <p>9-4 Drop In Activities 11:30 Congregate Meals 12:30 Cards/games</p>	<p>17</p> <p>11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>20</p> <p>10:00 Water Aerobics 11:30 Congregate Meals 11:30 Live Music 2:00 Line Dance</p>	<p>21</p> <p>9-12 Homebound meals 11:30 Congregate Meals 12:30 Cards/games 1:00 Gardening Class</p>	<p>22</p> <p>10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>23</p> <p>9-4 Drop In Activities 11:30 Congregate Meals 12:30 Cards/games</p>	<p>24</p> <p>11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>27</p> <p>Closed Memorial Day</p> 	<p>28</p> <p>9-12 Homebound meals 11-3 Yarn Spinning 11:30 Congregate Meals 12:30 Cards & games</p>	<p>29</p> <p>10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>30</p> <p>9-4 Drop In Activities 11:30 Congregate Meals 12:30 Cards/games</p>	<p>31</p> <p>11:30 Congregate Meals 1:00 Bowling-MA Lanes</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