



# 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

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



# MAY 2024



Mon	Tue	Wed	Thu	Fri
<p>Lunch is served daily at 11:30 a.m. for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more information</p>	<p><b>Follow us on the YVEDDI Pilot Mountain Senior Center page</b></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 <b>10:00 Painting Class</b> <b>11:30 Sing A Long</b> 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 <b>11:30 Live Music</b> 2:00 Line Dance</p>	<p>21</p> <p>9-12 Homebound meals 11:30 Congregate Meals 12:30 Cards/games <b>1:00 Gardening Class</b></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 <b>11-3 Yarn Spinning</b> 11:30 Congregate Meals 12:30 Cards &amp; 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**