

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

July 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

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

July Special Events

July 10th at 11:30 AM: Sing A Long "Patriotic Songs"

July 11th at 1:00 PM: Gardening Class "Lavender" A special herb (**Pre-registration**)

July 16th at 1:00 PM: Craft w/ Natalie Ames \$10 "Patriotic Stars" (**Pre-registration**)

July 18th at 9:15 : Pilot Mtn. Achievers Meeting/ Kathy Branch to share pics

July 23rd 11:30 AM "When you are out & about" (Safety) Tracie Artim

July 25 at 1:00 PM: Crafts w/ Ann & Linda \$10 "Party Flowers" (**Pre-registration**)

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



JULY 2024



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>10:00 Water Aerobics</p> <p>11:30 Congregate Meals</p> <p>2:00 Line Dance</p>	<p>2</p> <p>9-12 Homebound meals</p> <p>11:30 Congregate Meals</p> <p>12:30 Cards/games</p>	<p>3</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>4</p> <p>CLOSED</p> <p>HAPPY 4th of July</p>	<p>5</p> <p>11:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</p> <p>12:30 Cards/games</p>
<p>8</p> <p>10:00 Water Aerobics</p> <p>10:00 Painting Class</p> <p>11:30 Congregate Meals</p> <p>11:30 Sing A Long</p> <p>2:00 Line Dance</p>	<p>9</p> <p>9-12 Homebound meals</p> <p>11:30 Congregate Meals</p> <p>12:30 Cards/games</p>	<p>10</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>11</p> <p>11:30 Congregate Meals</p> <p>12:30 Cards/games</p> <p>1:00 Gardening Class</p>	<p>12</p> <p>11:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</p> <p>12:30 Cards/games</p>
<p>15</p> <p>10:00 Water Aerobics</p> <p>11:30 Congregate Meals</p> <p>2:00 Line Dance</p>	<p>16</p> <p>9-12 Homebound meals</p> <p>11:30 Congregate Meals</p> <p>12:30 Cards/games</p> <p>1:00 Craft w/ Natalie</p>	<p>17</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>18</p> <p>9:15 PMA Meeting</p> <p>11:30 Congregate Meals</p> <p>12:30 Cards/games</p>	<p>19</p> <p>11:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</p> <p>12:30 Cards/games</p>
<p>22</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>23</p> <p>9-12 Homebound meals</p> <p>11:30 "Safety" w/Tracie</p> <p>11:30 Congregate Meals</p> <p>12:30 Cards/games</p>	<p>24</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>25</p> <p>11:30 Congregate Meals</p> <p>12:30 Cards/games</p> <p>1:00 Crafts -Ann & Linda</p>	<p>26</p> <p>11:30 Congregate Meals</p> <p>1:00 Bowling-MA Lanes</p> <p>12:30 Cards/games</p>
<p>29</p> <p>10:00 Water Aerobics</p> <p>11:30 Congregate Meals</p> <p>2:00 Line Dance</p>	<p>30</p> <p>9-12 Homebound meals</p> <p>11-3 Yarn Spinning</p> <p>11:30 Congregate Meals</p>	<p>31</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>Lunch is served daily at 11:30 am 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> "like" us on facebook </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