

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

September 2024

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

Weekly Activities

Monday's

10:00 AM: Water Aerobics with Ann
10:00 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

10:00 AM: Water Aerobics with Ann
12:30 PM: Bingo
1:30 PM: 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

Special Events

Sept. 10th at 11:30 AM: Sing A Long "Grand Parents" Willie & Judy Chambers

Sept. 12th at 11:30 AM: Meat Preservation w/ Michael Artim

Sept. 17th at 11:30 AM: Speaking on "Narcolepsy" w/ Tracie Artim

Sept. 17th at 1:00 PM: Gardening Workshop **(Pre-registration)**

Sept. 19 at 11:30 AM: Saving \$\$ /Saving \$ w/ Medical Choice" with Tracie Artim

Sept. 24th at 11:00 AM-3:00 PM: Yarn Spinning Group

Sept. 24th at 1:00 PM: Craft w/ Natalie Ames **(Pre-registration)**

Sept. 25th at 9:15 AM: Pilot Mtn. Achievers Meeting

Sept. 26th at 1:00 PM Birthday Meal / Games Celebration

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



SEPTEMBER 2024



| Mon | Tue | Wed | Thu | Fri |
|--|---|---|--|--|
| 2 CLOSED  | 3 9-12 MOW 11:30 Congregate Meals | 4 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet | 5 11:30 Congregate Meals 12:30 Cards/games | 6 11:30 Congregate Meals 12:30 Cards/games 1:00 Bowling-MA |
| 9 10:00 Water Aerobics 10:00 Painting Class 11:30 Congregate Meals 2:00 Line Dance | 10 9-12 MOW 11:30 Congregate Meals 11:30 Sing A Long 12:30 Cards/games | 11 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet | 12 11:30 Congregate Meals 11:30 Meat preservation class w/ Michael Artim 12:30 Cards/games | 13 11:30 Congregate Meals 12:30 Cards/games 1:00 Bowling-MA Lanes |
| 16 10:00 Water Aerobics 11:30 Congregate Meals 2:00 Line Dance | 17 9-12 MOW 11:30 Congregate Meals 11:30 Narcolepsy Talk w/Tracie 1:00 Gardening Workshop | 18 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet | 19 11:30 Congregate Meals 11:30 Safety w/ Tracie | 20 11:30 Congregate Meals 12:30 Cards/games 1:00 Bowling-MA Lanes |
| 23 10:00 Water Aerobics 10:00 Painting Class 11:30 Congregate Meals 2:00 Line Dance | 24 9-12 MOW 11-3 Yarn Spinning 11:30 Congregate Meals 1:00 Crafts w/ Natalie | 25 9:15 PMA Meeting 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet | 26 11:30 Congregate Meals 12:30 Cards/games 1:00 Birthday Meal | 27 11:30 Congregate Meals 12:30 Cards/games 1:00 Bowling-MA Lanes |
| 30 10:00 Water Aerobics 11:30 Congregate Meals 2:00 Line Dance | | | Lunch is served daily at 11:30 am for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information | Follow us on the YVEDDI Pilot Mountain Senior Center page  Find us on Facebook |

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