

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

November 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
1:00 PM Birthday Celebration Meal & Games **(Last Thursday)**

Friday's

12:30 PM: Cards/Games
1:00 PM: Bowling @ Mt. Airy Lanes- \$2.00per person

Special Events

Nov. 1st from 12:30 to 2:00 PM: SHIIP Open Enrollment Workshop
Q & A regarding Medicare ▪ Call Katrinka at (336) 368-2012 ext.1052 to register

Nov. 7th at 11:30 AM: Lunch & Learn w/Tracie Artim "Story Time"

Nov. 12th at 11:30 AM: Sing A Long with Willie & Judy "Giving Thanks"

Nov. 14th at 1:00 PM: Gard. Class "Lasagna Planter" **(Pre-registration is required)**

Nov. 19th at 1:00 PM: Craft w/ Natalie Ames **(Pre-registration is required)**

Nov. 26th at 11:00 AM-3:00 PM: Yarn Spinning Group

Nov. 26th at 1:00 PM Birthday Meal/Games Celebration (Congregate) **(Tuesday)**

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



NOVEMBER 2024



Mon	Tue	Wed	Thu	Fri
<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>  Find us on Facebook			<p>1</p> <p>11:30 Congregate Meals 12:30 CARDS-GAMES 1:00 Bowling-MA Lanes</p>
<p>4</p> <p>10:00 Water Aerobics 11:30 Congregate Meals 2:00 Line Dance</p>	<p>5</p> <p>9:00-12:00 MOW 11:30 Congregate Meals 12:30 Cards/games</p>	<p>6</p> <p>10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>7</p> <p>11:30 Congregate Meals 11:30 Lunch & learn w/ Tracie Artim</p>	<p>8</p> <p>11:30 Congregate Meals 12:30 CARDS-GAMES 1:00 Bowling-MA Lanes</p>
<p>11 CLOSED Honoring the service of our former United States Armed Forces personnel</p> 	<p>12</p> <p>9:00-12:00 MOW 11:30 Congregate Meals 11:30 Sing A Long</p>	<p>13</p> <p>10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>14</p> <p>11:30 Congregate Meals 12:30 CARDS-GAMES 1:00 Garden Workshop</p>	<p>15</p> <p>11:30 Congregate Meals 12:30 CARDS-GAMES 1:00 Bowling-MA Lanes</p>
<p>18</p> <p>10:00 Water Aerobics 11:30 Congregate Meals 2:00 Line Dance</p>	<p>19</p> <p>9:00-12:00 MOW 11:30 Congregate Meals 1:00 Crafts w/ Natalie</p>	<p>20</p> <p>10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>21</p> <p>11:30 Congregate Meals 12:30 CARDS-GAMES</p>	<p>22</p> <p>11:30 Congregate Meals 12:30 CARDS-GAMES 1:00 Bowling-MA Lanes</p>
<p>25</p> <p>10:00 Water Aerobics 10:00 Painting Class 11:30 Congregate Meals 2:00 Line Dance</p>	<p>26</p> <p>9:00-12:00 MOW 11-3 Yarn Spinning 11:30 Congregate Meals 1:00 Birthday Meal</p>	<p>27</p> <p>10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>28</p> <p>CLOSED</p> 	<p>29</p> <p>CLOSED</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