

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

January 2025

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 /Knitting 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- \$2.00 per person



Special Events

Jan. 6th 2025 at 9 AM to 4 PM: The Novant Mobile Mammogram will be onsite

(For scheduled appointments only)

Jan 14th at 11:30 AM Sing A Long with Willie & Judy Chambers "Winter Songs"

Jan 17th at 9:00 AM: Pilot Mtn. Achievers Group Meeting

Jan. 21st at 11:30 AM: Lunch & Learn w/Tracie Artim "Patient Rights"

Jan. 21st at 1:00 PM: Craft w/ Natalie Ames (Pre-registration is required)

Jan. 23rd at 1:00 PM: Gardening Workshop "Winter Care for birds" (Pre-registration is required)

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



JANUARY 2025



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>  <p>Find us on Facebook</p>	<p>1 CLOSED Happy New Year!</p> 	<p>2 11:30 Congregate Meals 12:30 CARDS-GAMES</p>	<p>3 11:30 Congregate Meals 12:30 CARDS-GAMES 1:00 Bowling-MA Lanes HEALTH</p>
<p>6 9 AM to 4 PM Mobile Mammogram 10:00 Water Aerobics 11:30 Congregate Meals 2:00 Line Dance</p>	<p>7 9:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS/GAMES</p>	<p>8 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>9 11:30 Congregate Meals 12:30 CARDS-GAMES</p>	<p>10 11:30 Congregate Meals 12:30 CARDS-GAMES 1:00 Bowling-MA Lanes NUTRITION</p>
<p>13 10:00 Water Aerobics 10:00 Painting Group 11:30 Congregate Meals 2:00 Line Dance</p>	<p>14 9:00-12:00 MOW 11:30 Congregate Meals 11:30 Sing A Long</p>	<p>15 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>16 11:30 Congregate Meals 12:30 CARDS-GAMES</p>	<p>17 9:00 PMA MTG 11:30 Congregate Meals 12:30 CARDS-GAMES 1:00 Bowling-MA Lanes</p>
<p>20 CLOSED Martin Luther King Jr</p>	<p>21 9:00-12:00 MOW 11:30 Congregate Meals 11:30 L & L Tracie Artim 1:00 Crafts w/ Natalie</p>	<p>22 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>23 11:30 Congregate Meals 12:30 CARDS-GAMES 1:00 Garden Workshop</p>	<p>24 11:30 Congregate Meals 12:30 CARDS-GAMES 1:00 Bowling-MA Lanes SAFETY</p>
<p>27 10:00 Water Aerobics 10:00 Painting Group 11:30 Congregate Meals 2:00 Line Dance</p>	<p>28 9:00-12:00 MOW 11:30 Congregate Meals 11-3 Yarn Spinning</p>	<p>29 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>30 11:30 Congregate Meals 12:30 CARDS-GAMES</p>	<p>31 11:30 Congregate Meals 12:30 CARDS-GAMES 1:00 Bowling-MA Lanes EXERCISE</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