

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

April 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 (**On hold for now**)
10:00 AM: Painting with Friends: (2nd & 4th Monday)
2:00 PM: Line Dance Class

Tuesday's

11:30 AM: Sing A Long w/ Willie & Judy Chambers (3rd Tuesday)
11:00 AM - 3:00 PM: Yarn Spinning Group (4th Tuesday)
12:30 PM: Cards/Games

Wednesday's

10:00 AM: Water Aerobics with Ann (**On hold for now**)
12:30 PM: Bingo
1:30 PM: Crochet /Knitting Group
1:30 PM: Rook

Thursday's

12:30 PM: Cards/Games
12:30 PM: Birthday Celebration Fellowship Meal /Games (Last Thursday) Day subject to change

Friday's

10:30 AM: Steady Steps "Enhancing Senior Mobility" ***NEW***
12:30 PM: Cards/Games
1:00 PM: Bowling @ Mt. Airy Lanes- \$2.00 per person

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

Special Monthly Events

- April 8th at 11:30 AM:** Lunch & Learn with Heather Poindexter "**Positive Thinking**"
- April 8th at 1:00 PM:** Craft w/ Natalie Ames "**Sunflower Wreath**" (Pre-registration required)
- April 15th at 11:30 AM:** Sing A Long with Willie & Judy Chambers "**Easter**"
- April 16th at 11:00** Blood Pressure Check w/ Donna Easter from MVH
- April 24th at 1:00 PM:** Gardening Workshop "**Beneficial Butterfly Gardens**" (Pre-registration is required)
- April 29th at 11:30 AM:** Lunch & Learn w/Tracie Artim "**Civil War**"

Contact Katrinka at (336) 368-2012 ext.1052 to register for events

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



APRIL 2025



Mon	Tue	Wed	Thu	Fri
Lunch is served daily at 11:30 am for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information	1 9:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS	2 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK	3 11:30 Congregate Meals 12:30 CARDS	4 10:30 Steady steps 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes
7 11:30 Congregate Meals 2:00 Line Dance HEALTH	8 10:00-12:00 MOW 11:30 Lunch & Learn w/ Heather Poindexter 11:30 Congregate Meals 1:00 Crafts w/ Natalie	9 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK	10 11:30 Congregate Meals 12:30 CARDS	11 10:30 Steady steps 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes
14 10:00 Painting Class 11:30 Congregate Meals 2:00 Line Dance NUTRITION	15 9:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS 11:30 Sing A Long	16 11:00 Blood Pressure 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK	17 11:30 Congregate Meals 12:30 CARDS 12:30 B-DAY PARTY	18  <i>Happy Easter</i> CLOSED
21 11:30 Congregate Meals 2:00 Line Dance	22 9:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS 11-3 Yarn Spinning	23 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK	24 11:30 Congregate Meals 12:30 CARDS 1:00 Garden Workshop	25 10:30 Steady steps 11:30 Congregate Meals 1:00 Bowling-MA Lanes
28 10:00 Painting Class 11:30 Congregate Meals 2:00 Line Dance SAFETY	29 9:00-12:00 MOW 11:30 Congregate Meals 11:30 Lunch & Learn 12:30 CARDS	30 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK	SENIOR GAMES	 Find us on Facebook Follow us on the YVEDDI Pilot Mountain Senior Center page

“Mah Jonng” We are beginning to learn the game of “Mah Jonng” if you are interested please call the center .

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