

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

August 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: 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

August 5th at 11:30 AM: Sing A Long 'Prayer'

August 6th at 1:00 PM: Craft w/ Natalie Ames "Lighthouses" **(Pre-registration)**

August 15th at 9:15: Pilot Mtn. Achievers Meeting

August 20th at 1:00 PM: Gardening Workshop "Pressed & Dried Flowers" **(Pre-registration)**

August 22nd at 11:30 AM: Safety Class "Hurricanes" with Tracie Artim

August 30th 9:00 AM-4:00 PM -Mobile Mammogram w/ Novant Health (Pre registration only)

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



AUGUST 2024



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	Follow us on the YVEDDI Pilot Mountain Senior Center page 		1 11:30 Congregate Meals 12:30 Cards/games	2 11:30 Congregate Meals 12:30 Cards/games 1:00 Bowling-MA Lanes
5 10:00 Water Aerobics 11:30 Congregate Meals 11:30 Sing A Long 2:00 Line Dance	6 9-12 Homebound meals 11:30 Congregate Meals 12:30 Cards/games 1:00 Crafts w/ Natalie	7 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	8 11:30 Congregate Meals 12:30 Cards/games	9 11:30 Congregate Meals 12:30 Cards/games 1:00 Bowling-MA Lanes
12 10:00 Water Aerobics 10:00 Painting Class 11:30 Congregate Meals 2:00 Line Dance	13 9-12 Homebound meals 11:30 Congregate Meals No Activities	14 10:00 Water Aerobics 11:30 Congregate Meals No Activities	15 9:15 PMA Meeting 11:30 Congregate Meals No Activities	16 11:30 Congregate Meals 1:00 Bowling-MA Lanes No Activities
19 10:00 Water Aerobics 11:30 Congregate Meals 2:00 Line Dance	20 9-12 Homebound meals 11:30 Congregate Meals 1:00 Gardening Workshop	21 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	22 11:30 Congregate Meals 11:30 Safety w/ Tracie 12:30 Cards/games	23 11:30 Congregate Meals 12:30 Cards/games 1:00 Bowling-MA Lanes
26 10:00 Water Aerobics 10:00 Painting Class 11:30 Congregate Meals 2:00 Line Dance	27 9-12 Homebound meals 11-3 Yarn Spinning 11:30 Congregate Meals	28 10:00 Water Aerobics 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	29 11:30 Congregate Meals 12:30 Birthday Celebrations 12:30 Cards/games	30 9:00-4:00 Mobile Mammogram 11:30 Congregate Meals 12:30 Cards/games 1:00 Bowling-MA Lanes

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