

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

December 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

Dec. 10th at 1:00 PM: Gardening Workshop "Holiday Swag" **(Pre-registration is required)**

Dec. 11th at 11:00 Blood Pressure Checks w/Mountain Valley Hospice

Dec. 12th at 11:30 AM: Lunch & Learn w/Tracie Artim "Fitness for Everyone"

Dec. 17th at 1:00 PM: Craft w/ Natalie Ames **(Pre-registration is required)**

Dec. 17th at 11:00 AM-3:00 PM: Yarn Spinning Group **NOTE:** Different date for holidays only.

Dec. 18th at 12:30-3:00 PM Christmas Party w/ Sing A Long, All Senior Ctr. participants are invited to join in the FUN!

Dec. 23-Jan. 02 Pilot Mtn. Senior Center will be closed

Mark Your Calendars

Jan. 6, 2025 from 9 AM to 4 PM: The Novant Mobile Mammogram will be onsite. Schedule your appointment in advance.

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



DECEMBER 2024



Mon	Tue	Wed	Thu	Fri
2 10:00 Water Aerobics 11:30 Congregate Meals 2:00 Line Dance	3 9:00-12:00 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 Lanes
9 10:00 Water Aerobics 10:00 Painting w/Friends 11:30 Congregate Meals 2:00 Line Dance	10 9:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS/GAMES 1:00 Garden Workshop	11 10:00 Water Aerobics 11:00 Blood Pressure Ck. 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	12 11:30 Congregate Meals 11:30 Lunch & Learn w/ Tracie Artim 12:30 CARDS-GAMES	13 11:30 Congregate Meals Center closed at 1:00 1:00 Bowling-MA Lanes
16 10:00 Water Aerobics 11:30 Congregate Meals 2:00 Line Dance	17 9:00-12:00 MOW 11-3 Yarn Spinning 11:30 Congregate Meals 1:00 Craft w/ Natalie	18 10:00 Water Aerobics 11:30 Congregate Meals 12:30 Christmas Party 1:00 Sing A Long	19 11:30 Congregate Meals 12:30 CARDS-GAMES	20 11:30 Congregate Meals 12:30 CARDS-GAMES 1:00 Bowling-MA Lanes
23 Center Closed	24 Center Closed	25 <i>Merry</i> CHRISTMAS	26 	27 Center Closed
30 Center Closed	31 Center Closed		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