

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

July 2025

Congregate Meals Monday-Friday 11:30 AM-12:30 PM
Homebound Meals Delivered every Tuesday

Weekly Activities

Monday's

10:00 AM: Painting with Friends: (2nd & 4th Monday)
2:00 PM: Line Dance w/ Margaret

Tuesday's

11:30 AM: Sing A Long w/ Willie & Judy Chambers (3rd Tuesday) (No sing July/Aug)
11:30 AM: Lunch & Learn (2nd Tuesday)
11:00 AM - 3:00 PM: Yarn Spinning Group (4th Tuesday)
12:30 PM: Cards/Games

Wednesday's

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 Meal /Games *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
- 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
- Legal Services
- 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

July 3rd at 1:00 PM: Fellowship Meal "Celebrate July 4th"

July 8th at 11:30 AM: Lunch & Learn with Heather Poindexter "Fill in the Gaps"

July 17th at 1:00 PM: Gardening Workshop "Elegant Hydrangea" (**Pre-registration is required**)

July 30th at 11:00 AM: Blood Pressure Check w/ Donna Easter from MVH

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



JULY 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>1 10:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS</p>	<p>2 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK</p>	<p>3 11:30 Congregate Meals 12:30 CARDS 1:00 Fellowship Meal</p>	<p>4 CLOSED Happy 4th of July! </p>
<p>7 11:30 Congregate Meals 2:00 Line Dance NUTRITION</p>	<p>8 10:00-12:00 MOW 11:30 Congregate Meals 11:30 Lunch & Learn 12:30 CARDS</p>	<p>9 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK</p>	<p>10 11:30 Congregate Meals 12:30 CARDS</p>	<p>11 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>14 10:00 Painting Class 11:30 Congregate Meals 2:00 Line Dance EXERCISE</p>	<p>15 10:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS</p>	<p>16 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK</p>	<p>17 11:30 Congregate Meals 12:30 CARDS 1:00 Garden Workshop</p>	<p>18 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>21 11:30 Congregate Meals 2:00 Line Dance HEALTH</p>	<p>22 10:00-12:00 MOW 11:30 Congregate Meals</p>	<p>23 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK</p>	<p>24 11:30 Congregate Meals 12:30 CARDS</p>	<p>25 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>28 10:00 Painting Class 11:30 Congregate Meals 2:00 Line Dance</p>	<p>29 10:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS</p>	<p>30 11:00 Blood Pressure 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK</p>	<p>31 11:30 Congregate Meals 12:30 CARDS</p>	<p>Follow us on the YVEDDI Pilot Mountain Senior Center page  Find us on Facebook</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.