

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

August 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)
10:30 AM: Steady Steps "Enhancing Senior Mobility"
2:00 PM: Line Dance w/ Margaret Anderson

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

10:30 AM: Steady Steps "Enhancing Senior Mobility"
12:30 PM: Bingo
1:30 PM: Crochet /Knitting Group

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"
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 Benefit
- Long-term Care Facility
- Rehabilitation Services
- Respite
- Energy Assistance
- Food Distribution
- Adult Day Care
- Mental Health
- Hospice Care



Special Monthly Events

August 12th at 11:30 AM: Lunch & Learn with Heather Poindexter "Fill in the Gaps"

August 21st at 1:00 PM Gardening Workshop "Remembering Rosemary" (**Pre-registration is required**)

August 22nd at 12:00 Truist Bank Reps "Banking Scams"

August 27th 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



AUGUST 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>  Find us on Facebook			<p>1</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>4</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance NUTRITION</p>	<p>5</p> <p>10:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS</p>	<p>6</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>7</p> <p>11:30 Congregate Meals 12:30 CARDS</p>	<p>8</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>11</p> <p>10:00 Painting Class 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance EXERCISE</p>	<p>12</p> <p>10:00-12:00 MOW 11:30 Congregate Meals 11:30 Lunch & Learn 12:30 CARDS</p>	<p>13</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>14</p> <p>11:30 Congregate Meals 12:30 CARDS 1:00 Garden Workshop</p>	<p>15</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>18</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance HEALTH</p>	<p>19</p> <p>10:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS</p>	<p>20</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>21</p> <p>11:30 Congregate Meals 12:30 CARDS</p>	<p>22</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:00 Truist Bank 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>25</p> <p>10:00 Painting Class 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance SAFETY</p>	<p>26</p> <p>10:00-12:00 MOW 11-3 Yarn Spinning 11:30 Congregate Meals 12:30 CARDS</p>	<p>27</p> <p>10:30 STEADY STEPS 11:00 Blood Pressure 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>28</p> <p>11:30 Congregate Meals 12:30 CARDS</p>	<p>29</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</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