

# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



## Important Announcements:

September 2025

**Congregate Meals Monday-Friday 11:30 AM-12:30 PM**  
**Homebound Meals Delivered every Tuesday**  
**National Senior Center Month!**  
**September 1: Labor Day (Closed)**



### 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: Lunch & Learn (2nd Tuesday)  
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

10:30 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: Fellowship 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

#### Special Monthly Events

**Sept. 4th at 12:30 PM:** Partners w/ Gracie Collins "Grief"  
**Sept. 9th at 11:30 AM:** Lunch & Learn with Heather Poindexter  
**Sept. 10th at 11:00 AM:** Blood Pressure Check w/ Donna Easter from MVH  
**Sept. 11th at 1:00 PM:** Gardening Workshop "Dynamic Day Lillie's" (Pre-registration is required)  
**Sept. 16th at 11:30 AM:** Sing A Long with Willie & Judy Chambers "Country"  
**Sept. 18th at 11:30 AM:** Lunch & Learn with Carson Driggers "Nutritional Snack"  
**Sept. 26th at 12:30 PM:** Birthday Celebrations Fellowship Meal

#### 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

## 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](http://www.unitedfundofsurry.org)



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

# SEPTEMBER 2025



Mon	Tue	Wed	Thu	Fri
1 CLOSED 	2 10:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS	3 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	4 11:30 Congregate Meals 12:30 CARDS	5 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes
8 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance NUTRITION	9 10:00-12:00 MOW 11:30 Congregate Meals 11:30 Lunch & Learn 12:30 CARDS	10 10:30 STEADY STEPS 11:00 Blood P. Check 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	11 11:30 Congregate Meals 12:30 CARDS 1:00 Garden Workshop	12 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes
15 10:00 Painting Class 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance	16 10:00-12:00 MOW 11:30 Sing A Long 11:30 Congregate Meals 12:30 CARDS	17 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	18 11:30 Congregate Meals 11:30 Lunch & Learn 12:30 CARDS	19 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes
22 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance HEALTH 	23 10:00-12:00 MOW 11-3 Yarn Spinning 11:30 Congregate Meals 12:30 CARDS	24 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	25 11:30 Congregate Meals 12:30 CARDS 12:30	26 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 Birthday Meal 1:00 Bowling-MA Lanes
29 10:00 Painting Class 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance SAFETY	30 10:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS	September 7th: Grandparents Day <i>While we honor our grandparents daily, take an extra moment to appreciate all the joy and wisdom that grandparents bring to our lives</i>	Follow us on the YVEDDI Pilot Mountain Senior Center page  Find us on Facebook	Lunch is served daily at 11:30 am for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information

**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**