

# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



## Important Announcements:

November 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: 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

### Friday's

10:30 AM: Steady Steps "Enhancing Senior Mobility"  
12:30 PM: Birthday Fellowship Meal /Games \*Day subject to change\*  
12:30 PM: Cards/Games  
1:00 PM: Bowling @ Mt. Airy Lanes- \$2.00 per person

## Special Monthly Events

**November 12th at 11:00 PM:** Blood Pressure Check w/ Donna Easter MVH

**November 13th at 1:00 PM** Gardening Workshop (Pre-registration is required)

**November 18th at 11:30 AM:** Sing A Long "Give Thanks" w/Willie & Judy Chambers

**November 20th at 11:30 AM:** Lunch & Learn "Benefits of Sweet Potatoes" w/Carson Driggers,(SCH&NC)

**November 20th at 1:00 PM:** Crafts w/ Wendy "Pumpkin Centerpiece" (Pre registration is required)

**November 21st at 12:30** Birthday& Fellowship Meal

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

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)



# NOVEMBER 2025



Mon	Tue	Wed	Thu	Fri
<p><b>Follow us on the YVEDDI Pilot Mountain Senior Center page</b></p>	<p>Lunch is served daily at 11:30 am for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more information</p>	 Find us on <b>Facebook</b>	<p><b>Meals on wheels to run on 11/3 &amp; 11/10</b></p>	
<p>3 10:00-12:00 MOW <b>10:30 STEADY STEPS</b> 11:30 Congregate Meals 2:00 Line Dance <b>NUTRITION</b></p>	<p>4</p> <p><b>VOTING</b></p>  <p><b>Senior Center will be closed</b></p>	<p>5</p> <p><b>10:30 STEADY STEPS</b> 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>6</p> <p>11:30 Congregate Meals 12:30 CARDS</p>	<p>7</p> <p><b>10:30 STEADY STEPS</b> 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>10 10:00-12:00 MOW <b>10:00 Painting Class</b> <b>10:30 STEADY STEPS</b> 11:30 Congregate Meals 2:00 Line Dance <b>HEALTH</b></p>	<p>11</p> <p>Veterans' Day</p>  <p>Senior Center Closed</p>	<p>12</p> <p><b>10:30 STEADY STEPS</b> <b>11:00 BP checks</b> 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>13</p> <p>11:30 Congregate Meals <b>1:00 Garden Workshop</b> 12:30 CARDS</p>	<p>14</p> <p><b>10:30 STEADY STEPS</b> 11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>17</p> <p><b>10:30 STEADY STEPS</b> 11:30 Congregate Meals 2:00 Line Dance <b>NUTRITION</b></p>	<p>18</p> <p>10:00-12:00 MOW <b>11:30 Sing A Long</b> 11:30 Congregate Meals 12:30 CARDS</p>	<p>19</p> <p><b>10:30 STEADY STEPS</b> 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>20</p> <p>11:30 Congregate Meals <b>11:30 L &amp; L Carson D.</b> 12:30 CARDS <b>1:00 Crafts w/ Wendy</b></p>	<p>21</p> <p><b>10:30 STEADY STEPS</b> 11:30 Congregate Meals <b>12:30 Bday/Fellowship Meal</b></p>
<p>24</p> <p><b>10:00 Painting Class</b> <b>10:30 STEADY STEPS</b> 11:30 Congregate Meals 2:00 Line Dance <b>SAFETY</b></p>	<p>25</p> <p>10:00-12:00 MOW <b>11-3 Yarn Spinning</b> 11:30 Congregate Meals</p>	<p>26</p> <p><b>10:30 STEADY STEPS</b> 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>27</p> <p>CLOSED</p> 	<p>28</p> <p>CLOSED</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**