

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

October 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
12:30 PM: Birthday 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

October 9th at 11:30 AM: Lunch & Learn w/Carson Driggers,(SCH&NC) "Allergies"

October 14th at 11:30 AM: Lunch & Learn with Heather Poindexter "Medicare"

October 16th at 1:00 PM :Gardening Workshop "Fall Harvest Centerpiece"

(Pre-registration is required)

October 17th at 12:30 PM: Mt. Valley Hospice -Presentation on "Wills"

October 20th at 11:30 AM: Lunch & Learn Relay Carolina "Hearing" w/ Libby Caviness

October 21st at 11:30 AM: Sing A Long with Willie & Judy Chambers "My Heavenly Home"

October 23rd at 1:00 PM: Crafts w/Wendy "Autumn Bottle Décor" (Pre registration is required)

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



OCTOBER 2025



Mon	Tue	Wed	Thu	Fri
<p>Follow us on the YVEDDI Pilot Mountain Senior Center page</p>  Find us on Facebook	<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 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>2 11:30 Congregate Meals 12:30 CARDS</p>	<p>3 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>6 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance NUTRITION</p>	<p>7 10:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS</p>	<p>8 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>9 11:30 Congregate Meals 11:30 L & L Carson D. 12:30 CARDS</p>	<p>10 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>13 10:00 Painting Class 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance HEALTH</p>	<p>14 10:00-12:00 MOW 11:30 L & L Heather P. 11:30 Congregate Meals 12:30 CARDS</p>	<p>15 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>16 11:30 Congregate Meals 1:00 Garden Workshop 12:30 CARDS</p>	<p>17 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 MVH-Presentation 1:00 Bowling-MA Lanes</p>
<p>20 10:30 STEADY STEPS 11:30 Congregate Meals 11:30 L & L "Hearing" 2:00 Line Dance NUTRITION</p>	<p>21 10:00-12:00 MOW 11:30 Sing A Long 11:30 Congregate Meals 12:30 CARDS</p>	<p>22 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>23 11:30 Congregate Meals 12:30 CARDS 1:00 Crafts w/ Wendy</p>	<p>24 10:30 STEADY STEPS 11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>27 10:00 Painting Class 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance SAFETY</p>	<p>28 10:00-12:00 MOW 11-3 Yarn Spinning 11:30 Congregate Meals 12:30 CARDS</p>	<p>29 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>30 11:30 Congregate Meals 12:30 CARDS</p>	<p>31 Happy Halloween 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