

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

December 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

December 4th at 11:30 AM: Lunch & Learn w/ Carson Driggers (SCH&NC)

December 9th at 1:00 PM: "Ornaments from Nature" Gardening Workshop
(Pre-registration is req.)

December 9th at 11:30 AM: Lunch & Learn w/ Heather Poindexter "Medicare info"

December 10th at 11:00 AM: Blood Pressure Check w/ Donna Easter MVH

December 10th at 11:30 AM: Lunch & Learn "Woodmen Life Presentation" Jordon A.

December 11th at 1:00 PM: Crafts w/ Wendy "Christmas Picture Frame" Pre registration req.

December 23 at 12:30 PM: Christmas Party & Fellowship Meal -Christmas Carols around the piano w/ Willie & Judy Chambers & others

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



DECEMBER 2025



Mon	Tue	Wed	Thu	Fri
1 10:00-12:00 MOW 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance SAFETY	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	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 10:00 Painting Class 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 L & L Amy Poindexter 1:00 Garden Workshop 12:30 CARDS	10 10:30 STEADY STEPS 11:00 BP checks 11:30 L & L Jordon A. 11:30 Congregate Meals 12:30 BINGO	11 11:30 Congregate Meals 12:30 CARDS 1:00 Crafts w/ Wendy	12 10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes
15 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance HEALTH	16 10:00-12:00 MOW 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 12:30 CARDS	19 10:30 STEADY STEPS 11:30 Congregate Meals 1:00 Bowling-MA Lanes
22 10:00 Painting Class 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance EXERCISE	23 10:00-12:00 MOW 11:30 Congregate Meals 12:30 Christmas Party	24 CLOSED 	25 CLOSED 	26 CLOSED
29 CLOSED	30 CLOSED	31 CLOSED 	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