

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

January 2026

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)
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

January 8th at 9:00 AM-4:00 PM: Novant Mobile Mammogram Event (Appoint. only)

January 14th at 11:00 AM: Blood Pressure Check w/ Donna Easter MVH

January 15th at 1:00 PM: Gardening Workshop "Perpetual Propagation" (Pre-registration is required)

January 20th at 11:30 AM: Sing A Long w/Willie & Judy Chambers

January 22nd at 11:30 AM: Lunch & Learn w/ Carson Driggers (SCH&NC)

January 29th at 1:00 PM: Crafts w/ Wendy (Pre registration 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



JANUARY 2026



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 CLOSED Happy New Year!</p> 	<p>2 CLOSED</p>
<p>5</p> <p>10:30 STEADY STEPS</p> <p>11:30 Congregate Meals</p> <p>2:00 Line Dance</p> <p>NUTRITION</p>	<p>6</p> <p>10:00-12:00 MOW</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p>	<p>7</p> <p>10:30 STEADY STEPS</p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO</p> <p>1:30 Knitting/Crochet</p>	<p>8</p> <p>9:00-4:00 Mammogram</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p>	<p>9</p> <p>10:30 STEADY STEPS</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p> <p>1:00 Bowling-MA Lanes</p>
<p>12</p> <p>10:00 Painting Class</p> <p>10:30 STEADY STEPS</p> <p>11:30 Congregate Meals</p> <p>2:00 Line Dance</p> <p>HEALTH</p>	<p>13</p> <p>10:00-12:00 MOW</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p>	<p>14</p> <p>10:30 STEADY STEPS</p> <p>11:00 BP checks</p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO</p> <p>1:30 Knitting/Crochet</p>	<p>15</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p> <p>1:00 Garden Workshop</p>	<p>16</p> <p>10:30 STEADY STEPS</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p> <p>1:00 Bowling-MA Lanes</p>
<p>19</p> <p>CLOSED</p> <p>MLK Jr Day</p> <p>SAFETY</p>	<p>20</p> <p>10:00-12:00 MOW</p> <p>11:30 Sing A Long</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p>	<p>21</p> <p>10:30 STEADY STEPS</p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO</p> <p>1:30 Knitting/Crochet</p>	<p>22</p> <p>11:30 Congregate Meals</p> <p>11:30 L&L Carson D.</p> <p>12:30 CARDS</p>	<p>23</p> <p>10:30 STEADY STEPS</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p> <p>1:00 Bowling-MA Lanes</p>
<p>26</p> <p>10:00 Painting Class</p> <p>10:30 STEADY STEPS</p> <p>11:30 Congregate Meals</p> <p>2:00 Line Dance</p> <p>EXERCISE</p>	<p>27</p> <p>10:00-12:00 MOW</p> <p>11:00 Yarn Spinning</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p>	<p>28</p> <p>10:30 STEADY STEPS</p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO</p> <p>1:30 Knitting/Crochet</p>	<p>29</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p> <p>1:00 Crafts w/ Wendy</p>	<p>30</p> <p>10:30 STEADY STEPS</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p> <p>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