

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

April 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

11:30 Lunch & Learn (1st Thursday)
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

April 02 at 11:30 AM: Lunch & Learn w/ Carson Driggers (SCH&NC)

April 02 at 1:00 PM Crafts w/ Wendy " Hanging Beaded Cross"

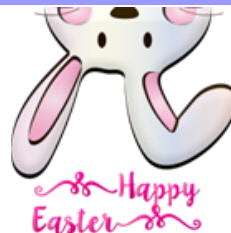
April 08 at 11:00 AM: Blood Pressure Check w/ Donna Easter MVH

April 21 at 11:30 AM: Sing A Long w/ Willie & Judy Chambers

April 23 at 1:00 PM: Gardening Workshop (Pre-registration is required)

April 24th at 12:30 PM Fellowship Meal

Contact Katrinka at (336) 368-2012, option 6, 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



April 2026

| Mon | Tue | Wed | Thurs | Fri |
|---|---|--|---|---|
| <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>Follow us on the YVEDDI Pilot Mountain Senior Center page</p>  | <p>1</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p> | <p>2</p> <p>11:30 Lunch & Learn 11:30 Congregate Meals 12:30 CARDS 1:00 Crafts w/ Wendy</p> | <p>3 CLOSED Easter</p>  |
| <p>6</p> <p>10:00 Painting Class 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance</p> <p>NUTRITION</p> | <p>7</p> <p>10:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS</p> | <p>8</p> <p>10:30 STEADY STEPS 11:00 BP checks 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p> | <p>9</p> <p>11:30 Congregate Meals 12:30 CARDS</p> | <p>10</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p> |
| <p>13</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance</p> <p>HEALTH</p> | <p>14</p> <p>10:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS</p> | <p>15</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p> | <p>16</p> <p>11:30 Congregate Meals 12:30 CARDS</p> | <p>17</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p> |
| <p>20</p> <p>10:00 Painting Class 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance</p> <p>SAFETY</p> | <p>21</p> <p>10:00-12:00 MOW 11:30 Congregate Meals 11:30 Sing A Long 12:30 CARDS</p> | <p>22</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p> | <p>23</p> <p>11:30 Congregate Meals 12:30 CARDS 1:00 Garden Workshop</p> | <p>24</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 12:30 Fellowship Meal 1:00 Bowling-MA Lanes</p> |
| <p>27</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance</p> | <p>28</p> <p>10:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS</p> | <p>29</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p> | <p>30</p> <p>11:30 Congregate Meals 12:30 CARDS</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.