

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

March 2025

Congregate Meals Monday-Friday 11:30 AM-12:30 PM
Homebound Meals Delivered every Tuesday

Weekly Activities



Monday's

10:00 AM Water Aerobics with Ann (**On hold for now**)
10:00 AM Painting with Friends: (**2nd & 4th Monday**)
2:00 Line Dance Class

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 Cards/Games

Wednesday's

10:00 AM Water Aerobics with Ann (**On hold for now**)
12:30 Bingo
1:30 Crochet /Knitting Group
1:30 Rook

Thursday's

12:30 Cards/Games
12:30 Birthday Celebration Fellowship Meal /Games

Friday's

10:30 Steady Steps *Enhancing Senior Mobility*****
12:30 Cards/Games
1:00 Bowling @ Mt. Airy Lanes- \$2.00 per person

Special Monthly Events

March 11th at 1:00 PM: Craft w/ Natalie Ames "**Lighted Garland**"

(Pre-registration required)

March 18th at 11:30 AM Sing A Long with Willie & Judy Chambers "**Spring**"

March 21st at 11:30 AM: Lunch & Learn w/Tracie Artim "**Senior Games**"

March 27th at 1:00 PM: Gardening Workshop "**Beginner See Starter**"

(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
- Legal Services
- 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
- 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



MARCH 2025



Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>11:30 Congregate Meals 2:00 Line Dance</p> <p>HEALTH</p>	<p>4</p> <p>9:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS</p>	<p>5</p> <p>11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK</p>	<p>6</p> <p>11:30 Congregate Meals 12:30 CARDS</p>	<p>7</p> <p>10:30 Steady steps 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>10</p> <p>10:00 Painting Class 11:30 Congregate Meals 2:00 Line Dance</p> <p>NUTRITION</p>	<p>11</p> <p>9:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS 1:00 Crafts w/ Natalie</p>	<p>12</p> <p>11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK</p>	<p>13</p> <p>11:30 Congregate Meals 12:30 CARDS</p>	<p>14</p> <p>10:30 Steady steps 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>17</p> <p>11:30 Congregate Meals 2:00 Line Dance</p> <p>SAFETY</p>	<p>18</p> <p>9:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS 11:30 Sing A Long</p>	<p>19</p> <p>11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK</p>	<p>20</p> <p>11:30 Congregate Meals 12:30 CARDS</p>	<p>21</p> <p>10:30 Steady steps 11:30 L & L –Tracie A 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>24</p> <p>10:00 Painting Class 11:30 Congregate Meals 2:00 Line Dance</p> <p>EXERCISE</p>	<p>25</p> <p>9:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS 11-3 Yarn Spinning</p>	<p>26</p> <p>11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK</p>	<p>27</p> <p>11:30 Congregate Meals 12:30 CARDS 1:00 Garden Workshop</p>	<p>28</p> <p>10:30 Steady steps 11:30 Congregate Meals 12:30 BDAY PARTY 1:00 Bowling-MA Lanes</p>
<p>31</p> <p>11:30 Congregate Meals 2:00 Line Dance</p>	<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>“Mah Jonng” We are beginning to learn the game of “Mah Jonng” if you are interested please call the center .</p> 	<p>SENIOR GAMES Yadkin Valley Senior Games and Silver Arts Registration is March 1st -31st for those that are age 50 and better!</p>	<p>Follow us on the YVEDDI Pilot Mountain Senior Center page</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