

# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



## Important Announcements:

May 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)  
2:00 PM: 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 PM: Cards/Games

### Wednesday's

12:30 PM: Bingo  
1:30 PM: Crochet /Knitting Group  
1:30 PM: Rook

### Thursday's

12:30 PM: Cards/Games  
12:30 PM: Birthday Celebration Meal /Games (Last Thursday) Day subject to change

### Friday's

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

### 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

## Special Monthly Events

**May 6th at 11:30 AM** Lunch & Learn with Heather Poindexter

**May 13th at 11:30 AM** Sing A Long with Willie & Judy Chambers "Patriotic Songs"

**May 14th at 11:00** Blood Pressure Check w/ Donna Easter from MVH

**May 15th at 1:00 PM** Gardening Workshop "Tomatoes w/Ollas" (Pre-registration is required)

**May 22nd at 1:00** Partners Health Mgmt. "Understanding Behavior Changes & Challenges"

**May 26th Senior Center Closed for Memorial Day**

**Contact Katrinka at (336) 368-2012 ext.1052 to register for events**

### 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](http://www.unitedfundofsurry.org)



# MAY 2025



Mon	Tue	Wed	Thu	Fri
<p>Lunch is served daily at 11:30 am for ages 60 &amp; older. You must be registered. Contact the Nutrition Site Manager for more information</p>	<p><b>Follow us on the YVEDDI Pilot Mountain Senior Center page</b></p> <p> <b>Find us on Facebook</b></p>		<p>1</p> <p>11:30 Congregate Meals 12:30 CARDS</p>	<p>2</p> <p><b>10:30 Steady steps</b> 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>5</p> <p>11:30 Congregate Meals 2:00 Line Dance <b>HEALTH</b></p>	<p>6</p> <p>10:00-12:00 MOW 11:30 Congregate Meals</p>	<p>7</p> <p>11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK</p>	<p>8</p> <p>11:30 Congregate Meals 12:30 CARDS</p>	<p>9</p> <p><b>10:30 Steady steps</b> 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>12</p> <p><b>10:00 Painting Class</b> <b>11:30 Lunch &amp; Learn</b> 11:30 Congregate Meals 2:00 Line Dance</p>	<p>13</p> <p>9:00-12:00 MOW 11:30 Congregate Meals <b>11:30 Sing A Long</b> 12:30 CARDS</p>	<p>14</p> <p><b>11:00 Blood Pressure</b> 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK</p>	<p>15</p> <p>11:30 Congregate Meals 12:30 CARDS <b>1:00 Garden Workshop</b></p>	<p>16</p> <p><b>10:30 Steady steps</b> 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>19</p> <p>11:30 Congregate Meals 2:00 Line Dance <b>NUTRITION</b></p>	<p>20</p> <p>9:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS</p>	<p>21</p> <p>11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK</p>	<p>22</p> <p>11:30 Congregate Meals 12:30 CARDS <b>1:00 Partners Presentation</b></p>	<p>23</p> <p><b>10:30 Steady steps</b> 11:30 Congregate Meals 1:00 Bowling-MA Lanes</p>
<p>26</p> <p><b>Memorial Day</b> <b>Closed</b> <i>Remembering the men and women who died while serving our country.</i></p>	<p>27</p> <p>9:00-12:00 MOW 11:30 Congregate Meals <b>11-3 Yarn Spinning</b> 12:30 CARDS</p>	<p>28</p> <p>11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet 1:30 ROOK</p>	<p>29</p> <p>11:30 Congregate Meals 12:30 CARDS</p>	<p>30</p> <p><b>10:30 Steady steps</b> 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**