

# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



## Important Announcements:

February 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

**February 5th at 11:30 AM:** Lunch & Learn w/ Carson Driggers (SCH&NC)  
**February 11th at 11:00 AM:** Blood Pressure Check w/ Donna Easter MVH  
**February 13th at 1:00 PM:** Fellowship Meal for Valentines Day  
**February 17th at 11:30 AM:** Sing A Long w/Willie & Judy Chambers  
**February 26th at 1:00 PM:** Gardening Workshop "XXX" (Pre-registration is required)

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



# FEBRUARY 2026



| Mon   | Tue   | Wed  | Thu   | Fri  |
|---|---|--|---|--|
| <p>2</p> <p><b>10:30 STEADY STEPS</b></p> <p>11:30 Congregate Meals</p> <p>2:00 Line Dance</p> <p><b>EXERCISE</b></p>                                   | <p>3</p> <p>10:00-12:00 MOW</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p>                                  | <p>4</p> <p><b>10:30 STEADY STEPS</b></p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO</p> <p>1:30 Knitting/Crochet</p>                                | <p>5</p> <p>11:30 Congregate Meals</p> <p><b>11:30 Lunch &amp; Learn</b></p> <p>12:30 CARDS</p>   | <p>6</p> <p><b>10:30 STEADY STEPS</b></p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p> <p>1:00 Bowling-MA Lanes</p>                                      |
| <p>9</p> <p><b>10:30 STEADY STEPS</b></p> <p>11:30 Congregate Meals</p> <p>2:00 Line Dance</p> <p><b>NUTRITION</b></p>                                  | <p>10</p> <p>10:00-12:00 MOW</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p>                                 | <p>11</p> <p><b>10:30 STEADY STEPS</b></p> <p><b>11:00 BP Checks</b></p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO</p> <p>1:30 Knitting/Crochet</p> | <p>12</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p>  | <p>13</p> <p><b>10:30 STEADY STEPS</b></p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p> <p><b>12:30 Fellowship Meal</b></p> <p>1:00 Bowling-MA Lanes</p> |
| <p>16</p> <p><b>10:00 Painting Class</b></p> <p><b>10:30 STEADY STEPS</b></p> <p>11:30 Congregate Meals</p> <p>2:00 Line Dance</p> <p><b>HEALTH</b></p> | <p>17</p> <p>10:00-12:00 MOW</p> <p><b>11:30 Sing A Long</b></p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p> | <p>18</p> <p><b>10:30 STEADY STEPS</b></p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO</p> <p>1:30 Knitting/Crochet</p>                               | <p>19</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p>  | <p>20</p> <p><b>10:30 STEADY STEPS</b></p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p> <p>1:00 Bowling-MA Lanes</p>                                     |
| <p>23</p> <p><b>10:30 STEADY STEPS</b></p> <p>11:30 Congregate Meals</p> <p>2:00 Line Dance</p> <p><b>SAFETY</b></p>                                    | <p>24</p> <p>10:00-12:00 MOW</p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p>                                 | <p>25</p> <p><b>10:30 STEADY STEPS</b></p> <p>11:30 Congregate Meals</p> <p>12:30 BINGO</p> <p>1:30 Knitting/Crochet</p>                               | <p>26</p> <p>11:30 Congregate Meals</p> <p><b>1:00 Garden Workshop</b></p> <p>12:30 CARDS</p>   | <p>27</p> <p><b>10:30 STEADY STEPS</b></p> <p>11:30 Congregate Meals</p> <p>12:30 CARDS</p> <p>1:00 Bowling-MA Lanes</p>                                     |
|    |   | <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>Follow us on the YVEDDI Pilot Mountain Senior Center page</p>  Find us on Facebook |   |

**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 option # 6**