

# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



## Important Announcements:

March 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 (1<sup>st</sup> Tuesday)  
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

**March 4th at 11:00 AM:** Blood Pressure Check w/ Donna Easter MVH  
**March 5th at 11:30 AM:** Lunch & Learn w/ Carson Driggers (SCH&NC)  
**March 17<sup>th</sup> at 11:30 AM:** Sing A Long w/ Willie & Judy Chambers  
**March 26th at 1:00 PM:** Gardening Workshop Pitcher Plants vs Pesticide  
(Pre-registration is required)

**Contact Katrinka at (336) 368-2012 –option 6 -to register for events**

**Happy St. Patrick's Day!**



### 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)



## March 2026

Mon	Tue	Wed	Thurs	Fri
<p>2</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance</p> <p><b>EXERCISE</b></p>	<p>3</p> <p>10:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS</p>	<p>4</p> <p>10:30 STEADY STEPS <b>11:00 BP checks</b></p> <p>11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>5</p> <p><b>11:30 Lunch &amp; Learn</b> 11:30 Congregate Meals 12:30 CARDS</p>	<p>6</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>9</p> <p><b>10:00 Painting Class</b> 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance</p> <p><b>NUTRITION</b></p>	<p>10</p> <p>10:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS</p>	<p>11</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>12</p> <p>11:30 Congregate Meals 12:30 CARDS</p>	<p>13</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>16</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance</p> <p><b>HEALTH</b></p>	<p>17</p> <p>10:00-12:00 MOW 11:30 Congregate Meals <b>11:30 Sing A Long</b> 12:30 CARDS</p>	<p>18</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>19</p> <p>11:30 Congregate Meals 12:30 CARDS</p>	<p>20</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>23</p> <p><b>10:00 Painting Class</b> 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance</p> <p><b>SAFETY</b></p>	<p>24</p> <p>10:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS</p>	<p>25</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p>26</p> <p>11:30 Congregate Meals 12:30 CARDS <b>1:00 Garden Workshop</b></p>	<p>27</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p>30</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance</p>	<p>31</p> <p>10:00-12:00 MOW 11:30 Congregate Meals 12:30 CARDS</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><b>Follow us on the YVEDDI Pilot Mountain Senior Center page</b></p> <p> Find us on Facebook</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.