

# PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



## Important Announcements:

June 2026



**Congregate Meals Monday-Friday 11:30 AM-12:30 PM**  
**Homebound Meals Delivered every Tuesday 10:00 AM-12:00 PM**

### 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

10:30 Cardio Drumming **\*\*NEW\*\***  
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

**June 4th at 11:30 AM:** Lunch & Learn Sun/Skin Protection w/ Carson D. (SCH&NC)  
**June 10th at 11:00 AM:** Blood Pressure Check w/ Donna Easter MVH  
**June 16th at 11:30 AM:** Sing A Long w/ Willie & Judy Chambers "Simmons Grove Church Children's Choir"  
**June 18th at 1:00 PM:** Craft w/ Katrinka -Design your own T Shirt  
**June 25th at 1:00 PM:** Gardening Workshop "Dynamic Daylilies" (Pre-Registration .required)  
**June 26th at 12:30 PM:** Fellowship/Birthday Cookout  
**Contact Katrinka at (743) 255-7699**

### 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

HAPPY  
Father's  
Day


#### 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)



# June 2026

| Mon   | Tue   | Wed   | Thurs  | Fri  |
|---|---|---|--|--|
| <b>1</b><br>8:00 Coffee Club<br>10:30 STEADY STEPS<br>11:30 Congregate Meals<br>2:00 Line Dance   | 2<br>8:00 Coffee Club<br><b>10:30 CARDIO DRUM</b><br>11:30 Congregate Meals<br>12:30 CARDS                              | 3<br>8:00 Coffee Club<br>10:30 STEADY STEPS<br>11:30 Congregate Meals<br>12:30 BINGO<br>1:30 Knitting/Crochet   | 4<br>8:00 Coffee Club<br>11:30 Congregate Meals<br><b>11:30 Lunch &amp; Learn</b><br>12:30 CARDS   | 5<br>8:00 Coffee Club<br>10:30 STEADY STEPS<br>11:30 Congregate Meals<br>12:30 CARDS<br>1:00 Bowling-MA Lanes                                  |
| 8<br>8:00 Coffee Club<br><b>10:00 Painting Class</b><br>10:30 STEADY STEPS<br>11:30 Congregate Meals<br>2:00 Line Dance<br><br><b>NUTRITION</b> | 9<br>8:00 Coffee Club<br><b>10:30 CARDIO DRUM</b><br>11:30 Congregate Meals<br>12:30 CARDS                              | 10<br>8:00 Coffee Club<br>10:30 STEADY STEPS<br><b>11:00 BP CHECK</b><br>11:30 Congregate Meals<br>12:30 BINGO<br>1:30 Knitting/Crochet               | 11<br>8:00 Coffee Club<br>11:30 Congregate Meals<br>12:30 CARDS  | 12<br>8:00 Coffee Club<br>10:30 STEADY STEPS<br>11:30 Congregate Meals<br>12:30 CARDS<br>1:00 Bowling-MA Lanes                                 |
| 15<br>8:00 Coffee Club<br>10:30 STEADY STEPS<br>11:30 Congregate Meals<br>2:00 Line Dance<br><br><b>HEALTH</b>                                  | 16<br>8:00 Coffee Club<br><b>10:30 CARDIO DRUM</b><br><b>11:30 Sing A Long</b><br>11:30 Congregate Meals<br>12:30 CARDS | 17<br>8:00 Coffee Club<br>10:30 STEADY STEPS<br>11:30 Congregate Meals<br>12:30 BINGO<br>1:30 Knitting/Crochet  | 18<br>8:00 Coffee Club<br>11:30 Congregate Meals<br>12:30 CARDS<br><b>1:00 Craft w/ Katrinka</b>   | 19<br>8:00 Coffee Club<br>10:30 STEADY STEPS<br>11:30 Congregate Meals<br>12:30 CARDS<br>1:00 Bowling-MA Lanes                                 |
| 22<br>8:00 Coffee Club<br><b>10:00 Painting Class</b><br>10:30 STEADY STEPS<br>11:30 Congregate Meals<br>2:00 Line Dance<br><br><b>SAFETY</b>   | 23<br>8:00 Coffee Club<br><b>10:30 CARDIO DRUM</b><br><b>11:00 YARN SPIN</b><br>11:30 Congregate Meals<br>12:30 CARDS   | 24<br>8:00 Coffee Club<br>10:30 STEADY STEPS<br>11:30 Congregate Meals<br>12:30 BINGO<br>1:30 Knitting/Crochet  | 25<br>8:00 Coffee Club<br>11:30 Congregate Meals<br>12:30 CARDS<br><b>1:00 Garden Class</b>  | 26<br>8:00 Coffee Club<br>10:30 STEADY STEPS<br>11:30 Congregate Meals<br>12:30 CARDS<br><b>12:30 Fellowship/Bday</b><br>1:00 Bowling-MA Lanes |
| 29<br>8:00 Coffee Club<br>10:30 STEADY STEPS<br>11:30 Congregate Meals<br>2:00 Line Dance   | 30<br><b>8:00 Coffee Club</b><br><b>10:30 CARDIO DRUM</b><br>11:30 Congregate Meals<br>12:30 CARDS                      | Lunch is served daily at<br>11:30 am for ages 60 &<br>older. You must be<br>registered. Contact the<br>Nutrition Site Manager for<br>more information | Follow us on the<br><b>YVEDDI Pilot Mountain<br/>           Senior Center page</b><br><br> Find us on<br><b>Facebook</b> |   |

**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.