

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

May 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

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

May 7th 9:15 AM: ECA MTG

May 13th at 11:00 AM: Blood Pressure Check w/ Donna Easter MVH

May 18th at 1:00 PM: Gardening Workshop (Pre-registration is required)

May 19th at 11:30 AM: Sing A Long w/ Willie & Judy Chambers "Celebrating Families"

May 22nd at 12:30 PM Older Americans Month Celebration w/ Ice Cream Social

May 27th at 11:30 AM: Lunch & Learn w/ Carson Driggers (SCH&NC)

May 28th at 1:00 PM-3:00 PM: OPEN HOUSE

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




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



May 2026

Mon	Tue	Wed	Thurs	Fri
<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 style="text-align: center;">Follow us on the YVEDDI Pilot Mountain Senior Center page</p> 		<p style="text-align: center;">1</p> <p>11:30 Congregate Meals 12:30 CARDS</p>	<p style="text-align: center;">2</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p style="text-align: center;">4</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance</p> <p>NUTRITION</p>	<p style="text-align: center;">5</p> <p>10:00-12:00 MOW 10:30 CARDIO DRUM 11:30 Congregate Meals 12:30 CARDS</p>	<p style="text-align: center;">6</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p style="text-align: center;">7</p> <p>9:15 ECA MTG 11:30 Congregate Meals 12:30 CARDS</p>	<p style="text-align: center;">8</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p style="text-align: center;">11</p> <p>10:00 Painting Class 10:30 STEADY STEPS 11:30 Congregate Meals 2:00 Line Dance</p> <p>HEALTH</p>	<p style="text-align: center;">12</p> <p>10:00-12:00 MOW 10:30 CARDIO DRUM 11:30 Congregate Meals 12:30 CARDS</p>	<p style="text-align: center;">13</p> <p>10:30 STEADY STEPS 11:00 BP CHECK 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p style="text-align: center;">14</p> <p>11:30 Congregate Meals 12:30 CARDS</p>	<p style="text-align: center;">15</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p style="text-align: center;">18</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 1:00 Garden Class 2:00 Line Dance</p> <p>SAFETY</p>	<p style="text-align: center;">19</p> <p>10:00-12:00 MOW 10:30 CARDIO DRUM 11:30 Congregate Meals 11:30 Sing A Long 12:30 CARDS</p>	<p style="text-align: center;">20</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p style="text-align: center;">21</p> <p>11:30 Congregate Meals 12:30 CARDS</p>	<p style="text-align: center;">22</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 12:30 CARDS 12:30 ICE CREAM Social 1:00 Bowling-MA Lanes</p>
<p style="text-align: center;">25</p> <p>CLOSED-Memorial Day <i>Remembering the men and women who died while serving our country.</i></p> 	<p style="text-align: center;">26</p> <p>10:00-12:00 MOW 10:30 CARDIO DRUM 11:00 YARN SPIN 11:30 Congregate Meals 12:30 CARDS</p>	<p style="text-align: center;">27</p> <p>10:30 STEADY STEPS 11:30 Congregate Meals 11:30 Lunch & Learn 12:30 BINGO 1:30 Knitting/Crochet</p>	<p style="text-align: center;">28</p> <p>11:30 Congregate Meals 1:00-3:00 Open House</p>	<p style="text-align: center;">29</p> <p>10:30 STEADY STEPS 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.