

PILOT MOUNTAIN SATELLITE SENIOR CENTER NEWS



Important Announcements:

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

9:30 AM: BINGOcize **NEW**
10:30 AM: 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

9:30 AM BINGOcize--NEW****
10:30 Chair YOGA **NEW**
11:30 AM: 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

July 2nd at 11:30 AM: Lunch & Learn -"Finding Strength Through life changes

July 8th at 11:00 AM: Blood Pressure Check w/ Donna Easter MVH

July 16th at 1:00 PM Crafts w/Wendy "Floral Garden Décor' & Garden Flag Design

July 21st at 11:30 AM: Sing-Along Willie & Judy Chambers

July 23rd at 1:00 PM: Gardening Workshop Busy Lil Bees (Pre-Registration required)

Contact Katrinka at (743) 255-7699

July 2026

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



JULY 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>8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p style="text-align: center;">2</p> <p>8:00 Coffee Club 9:30 BINGOcize 10:30 Chair Yoga 11:30 Congregate Meals 11:30 Lunch & Learn 12:30 CARDS</p>	<p style="text-align: center;">3 CLOSED</p> 
<p style="text-align: center;">6</p> <p>8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 2:00 Line Dance</p> <p>NUTRITION</p>	<p style="text-align: center;">7</p> <p>8:00 Coffee Club 9:30 BINGOcize 10:30 Cardio Drumming 11:30 Congregate Meals 12:30 CARDS</p>	<p style="text-align: center;">8</p> <p>8:00 Coffee Club 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;">9</p> <p>8:00 Coffee Club 9:30 BINGOcize 10:30 Chair Yoga 11:30 Congregate Meals 12:30 CARDS</p>	<p style="text-align: center;">10</p> <p>8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p style="text-align: center;">13</p> <p>8:00 Coffee Club 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;">14</p> <p>8:00 Coffee Club 9:30 BINGOcize 10:30 Cardio Drumming 11:30 Congregate Meals 12:30 CARDS</p>	<p style="text-align: center;">15</p> <p>8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p style="text-align: center;">16</p> <p>8:00 Coffee Club 9:30 BINGOcize 10:30 Chair Yoga 11:30 Congregate Meals 12:30 CARDS</p> <p>1:00 Craft w/Wendy</p>	<p style="text-align: center;">17</p> <p>8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p style="text-align: center;">20</p> <p>8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 2:00 Line Dance</p> <p>SAFETY</p>	<p style="text-align: center;">21</p> <p>8:00 Coffee Club 9:30 BINGOcize 10:30 Cardio Drumming 11:30 Congregate Meals</p> <p>11:30 Sing A Long</p>	<p style="text-align: center;">22</p> <p>8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p style="text-align: center;">23</p> <p>8:00 Coffee Club 9:30 BINGOcize 10:30 Chair YOGA 11:30 Congregate Meals 12:30 CARDS</p> <p>1:00 Garden Class</p>	<p style="text-align: center;">24</p> <p>8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes</p>
<p style="text-align: center;">27</p> <p>8:00 Coffee Club 10:00 Painting Class 10:30 Steady Steps 11:30 Congregate Meals 2:00 Line Dance</p> <p>EXERCISE</p>	<p style="text-align: center;">28</p> <p>8:00 Coffee Club 9:30 BINGOcize 10:30 Cardio Drumming 11:00 Yarn Spinning 11:30 Congregate Meals 12:30 CARDS</p>	<p style="text-align: center;">29</p> <p>8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet</p>	<p style="text-align: center;">30</p> <p>8:00 Coffee Club 9:30 BINGOcize 10:30 Chair Yoga 11:30 Congregate Meals 12:30 CARDS</p>	<p style="text-align: center;">31</p> <p>8:00 Coffee Club 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.

Katrinka Rinehart, Pilot Mountain Senior Center Manager - (743) 255-7699