

# 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

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