

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
10:30 AM: Cardio Drumming 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
10:30 AM: Chair YOGA
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

August 5th at 11:00 AM: Blood Pressure Check w/ Donna Easter MVH
August 6th at 11:30 AM: Lunch & Learn "Healthy Literacy"
August 18th at 11:30 AM: Sing-Along Willie & Judy Chambers "Cowboy's"
August 27th at 1:00 PM: Gardening Workshop "Seed Saving" (Pre-Registration required)
August 28th at 12:30 PM: Fellowship/Birthday Celebration

Contact Katrinka at (743) 255-7699

August 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



August 2026

Mon	Tue	Wed	Thurs	Fri
3 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 2:00 Line Dance	4 8:00 Coffee Club 9:30 BINGO cize 10:30 Cardio Drumming 11:30 Congregate Meals 12:30 CARDS	5 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	6 8:00 Coffee Club 9:30 BINGO cize 10:30 Chair Yoga 11:30 Congregate Meals 11:30 Lunch & Learn 12:30 CARDS	7 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes
10 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 2:00 Line Dance NUTRITION	11 8:00 Coffee Club 9:30 BINGO cize 10:30 Cardio Drumming 11:30 Congregate Meals 12:30 CARDS	12 8:00 Coffee Club 10:30 Steady Steps 11:00 BP CHECK 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	13 8:00 Coffee Club 9:30 BINGO cize 10:30 Chair Yoga 11:30 Congregate Meals 12:30 CARDS	14 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes
17 8:00 Coffee Club 10:00 Painting Class 10:30 Steady Steps 11:30 Congregate Meals 2:00 Line Dance HEALTH	18 8:00 Coffee Club 9:30 BINGO cize 10:30 Cardio Drumming 11:30 Sing A Long 11:30 Congregate Meals 12:30 CARDS	19 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	20 8:00 Coffee Club 9:30 BINGO cize 10:30 Chair Yoga 11:30 Congregate Meals 12:30 CARDS	21 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes
24 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 2:00 Line Dance SAFETY	25 8:00 Coffee Club 9:30 BINGO cize 10:30 Cardio Drumming 11:30 Congregate Meals	26 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	27 8:00 Coffee Club 9:30 BINGO cize 10:30 Chair YOGA 11:30 Congregate Meals 12:30 CARDS 1:00 Garden Workshop	28 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 CARDS 12:30 Fellowship Meal 1:00 Bowling-MA Lanes
31 8:00 Coffee Club 10:00 Painting Class 10:30 Steady Steps 11:30 Congregate Meals 2:00 Line Dance EXERCISE		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 YVEDDI Pilot Mountain Senior Center page 

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