

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 (Oct-Dec)
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 (Oct-Dec)
10:30 AM: Chair/Stretch Exercise
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

September 9th at 11:00 AM: Blood Pressure Check w/ Donna Easter MVH
September 15th at 11:30 AM: Sing-A-Long
September 17th at 1:00 PM: Crafts "Mason Jars"
September 21st at 11:30 AM: Lunch & Learn "Scams & Phishing –Carson Driggers
September 24th at 1:00 PM: Gardening Workshop "Indoor Herb Garden" (Pre-Registration required)

Contact Katrinka at (743) 255-7699

September 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



September 2026

Mon	Tue	Wed	Thurs	Fri
	1 8:00 Coffee Club 10:30 Cardio Drumming 11:30 Congregate Meals 12:30 CARDS	2 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	3 8:00 Coffee Club 10:30 Chair Exercise 11:30 Congregate Meals 12:30 CARDS	4 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes
7 CLOSED 	8 8:00 Coffee Club 10:30 Cardio Drumming 11:30 Congregate Meals 12:30 CARDS	9 8:00 Coffee Club 10:30 Steady Steps 11:00 BP CHECK 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	10 8:00 Coffee Club 10:30 Chair Exercise 11:30 Congregate Meals 12:30 CARDS	11 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes
14 8:00 Coffee Club 10:00 Painting Class 10:30 Steady Steps 11:30 Congregate Meals 2:00 Line Dance HEALTH	15 8:00 Coffee Club 10:30 Cardio Drumming 11:30 Sing A Long 11:30 Congregate Meals 12:30 CARDS	16 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	17 8:00 Coffee Club 10:30 Chair Exercise 11:30 Congregate Meals 12:30 CARDS 1:00 Craft w/ Katrinka	18 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes
21 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 2:00 Line Dance SAFETY	22 8:00 Coffee Club 10:30 Cardio Drumming 11:30 Congregate Meals	23 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	24 8:00 Coffee Club 10:30 Chair Exercise 11:30 Congregate Meals 12:30 CARDS 1:00 Garden Workshop	25 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 CARDS 1:00 Bowling-MA Lanes
28 8:00 Coffee Club 10:00 Painting Class 10:30 Steady Steps 11:00 Yarn Spinning 11:30 Congregate Meals 2:00 Line Dance EXERCISE	29 8:00 Coffee Club 10:30 Cardio Drumming 11:30 Congregate Meals	30 8:00 Coffee Club 10:30 Steady Steps 11:30 Congregate Meals 12:30 BINGO 1:30 Knitting/Crochet	Lunch is served daily at 11:30 am for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.  Find us on Facebook	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