

King Senior Center Monthly Report

April 2025 – King Senior Center

285 Participants in April

14 New participants registered

11 Volunteers for the month

Senior Scams presentation provided by AARP

3 Veterans coffees sponsored by Mountain Valley Hospice and Palliative Care, Priddy Manor, and Knights of Columbus

Mental Health Moment with NC State Adult and Geriatric Mental Health Team: *Bullying*

5 Mindfulness classes

SPOTLIGHT Senior Series hybrid event provided by Forsyth Audubon: *Bird Watching*

Free blood pressure check with Mountain Valley Hospice and Palliative Care

Got Plans? Healthcare POA and Living Wills workshop provided by Trellis

27 exercise classes offered

24 dance classes offered

9 cultural arts activities offered including book club, crafts, cooking, painting, and knitting/crochet

40 Games

5 tech classes

6 virtual events offered (5 weekly ZOOM Chats and 1 Spotlight Senior Series)

1 Caregiver Support Group

21 Aqua Fit classes offered for participants at Stokes Family YMCA

3 Sit & Fit classes provided by Walnut Cove Senior Center

King Senior Services Advisory Board met in April

EXPANDED SERVICES

77 participants served through expanded Services in March (10 new participants)

37 exercise classes, 9 dance classes, & 2 evidence-based classes A Matter of Balance classes provided by Cooperative Extension, and 1 educational event with Stokes County Tax Dept, Register of Deeds and Economic Development presented