



# King Senior Center



Monthly Report to Council

May 2026



King Senior Center  
GET CENTERED

## King Senior Center

## Month-At-A-Glance\*

<b>Unduplicated participants</b>	<b>386</b>
<b>New participants</b>	<b>19</b>
<b>Avg Daily Attendance</b>	<b>66</b>
<b>Volunteers</b>	<b>13</b>

- 28 exercise classes**
- 26 dance classes**
- 16 cultural arts classes**
- 39 games/activities**
- 7 educational classes**
- 6 mental health programs**
- 5 social activities**
- 6 health-focused programs**
- 4 special events**
- 35 classes with community partners**

## Senior Center Expanded Services\*

<b>Exercise Classes</b>	<b>31</b>
<b>Dance Classes</b>	<b>7</b>
<b>Cultural Arts</b>	<b>1</b>
<b>Social</b>	<b>1</b>

## May Highlights

May was Older Americans Month and we acknowledged the importance of older adults' various contributions to our communities by advocating at our local level, writing an article in the Stokes News, and offering special programs from the NC DOJ and our Senior Tarheel Legislators. We also celebrated with a Steppin' Out Social. We have also offered improvements to our facility with new armchairs, repaired watering system at our Greenery, and a countertop ice machine with thanks to many special donors and volunteers. Lastly, many of our participants are bringing back medals from this year's Senior Games! We congratulate them all.

## Expanded Services

We have added some offerings for cultural arts, community education, and a new line dance class in Francisco is coming soon!

## Looking Ahead

The Travel Club will meet on June 1<sup>st</sup> to review plans and seek input about upcoming bus trips. We are excited to be adding a Yogalates Class upstairs on Thursdays at 4:30pm (on a small optional donation basis). A new Mah Jongg group is now meeting on Monday evenings downstairs from 5-8pm. The NC Alzheimers Association will be here on June 29<sup>th</sup> to share the latest info on dementia and Alzheimers risks, testing, and therapies, and we will be at the MedAssist Event on June 27<sup>th</sup> to share information about our senior center programs and survey non-participants.