King Senior Center

Monthly Report to Council

September 2026

King Senior Center	Sept	YTD
Unduplicated participants	379	620
New participants	22	155
Avg Daily Attendance	74	70
Volunteers	7	21

Senior Center Expanded Services (Sept)

Exercise Classes	34
Dance Classes	7
Cultural Arts	1
Special Event	1
Aug participants	77

Month-At-A-Glance

37 exercise classes
24 dance classes
14 cultural arts classes
55 games/activities
5 educational classes
6 mental health programs
11 social activities
6 health-focused programs
3 special event
31 classes with community partners
1 support group

September Highlights

We celebrated National Senior Center Month in September and won a blue ribbon at the Stokes County Fair for our Exhibit Booth! We hosted older adults for the Senior Citizens Day during Fair Week and it was well attended and fun for all. We also hosted Stokes Pharmacy for 2 Vaccine Clinics and WSSU for free Falls Assessments. We have added a new Hip & Core Class twice per month (donations welcome) and had great participation of our Step-Tember Walking Challenge. King Senior Center celebrated its 19th year on September 23, 2026.

Expanded Services

Classes at the five remote sites continue to attract a steady flow of participants.

Looking Ahead

In October we will welcome Novant for Health Screenings on site lower level, AARP who will be presenting information about the importance of Social Security and Caregiving during the upcoming election cycle, Stokes Veteran Services will join our 2nd Cup Veterans Breakfast to review VA benefits and changes, the Regional SHIIP Coordinator will be presenting a Medicare 101/SHIIP presentation for those about to turn 65 or otherwide new to Medicare, PACE of the Triad will be onsite to share details about a new model of care, and Seniors Helping Seniors will be presenting at our monthly SPOTLIGHT Senior Series. We also look forward to testing out a new Table Tennis group and making Boo Bags for local long-term care residents.