

King Senior Center Monthly Report

May 2025 – King Senior Center

302 Participants in May
16 New participants registered
11 Volunteers for the month
5 Veterans coffees sponsored by Mountain Valley Hospice and Palliative Care, Trellis Supportive Services, Betty Watts, Bethel United Methodist Church, and Robertson Home Inspection
4 Mindfulness classes
4 Mindfulness Classes and Mindfulness Field Trip to Reynolda House
21 exercise classes
27 dance classes
2 SHIP presentations (Medicare)
9 cultural arts activities offered including book club, crafts, cooking, painting, and knitting/crochet
37 Games (cards, Mah Jongg, Cornhole, BINGO)
4 tech classes
8 virtual events offered (weekly ZOOM chats, SPOTLIGHT, and participant requested engagement)
21 Aqua Fit classes offered for participants at Stokes Family YMCA
5 Sit & Fit classes provided by Walnut Cove Senior Center
SPOTLIGHT Senior Series hybrid event provided by AARP, Topic: Brain Health
Free blood pressure check with Mountain Valley Hospice and Palliative Care
Got Plans? Healthcare POA and Living Wills workshop provided by Trellis
Dance outreach to Universal Healthcare
Tea and Chocolate Pairing for Mother's Day
Movie Event
Advocacy Event with U.S. Congresswoman Virginia Foxx
Stokes Cooperative Extension lawn care presentation
Digital Navigator presentation
Caregiver Support

EXPANDED SERVICES

36 exercise classes, 8 dance classes, 1 evidence-based A Matter of Balance Class (DSS & PTRC), 8 evidence-based L.I.F.T classes (Cooperative Extension)
Barn Quilt Painting Class
Landscaping Class with Cooperative Extension
Advocacy Events with U.S. Congresswoman Virginia Foxx in King and Walnut Cove
77 participants (April)