

King Senior Center

Monthly Report to Council

Sept 2025

Unduplicated participants **407**
New participants **15**
Average Daily Attendance **72**
Volunteers **7**

Senior Center Expanded Services

Exercise classes **39**
Dance Classes **8**
Special Programs **8**

Sept Highlights:

We celebrated National Senior Center Month, Falls Prevention Awareness Week and our 18th Anniversary! We hosted Stokes Senior Citizens Day with Stokes County Fair, a Medicare 101 workshop, and our Director presented an overview of senior center-based activities to County Commissioners. Stokes Pharmacy provided a well-attended Vaccination Clinic and WSSU PT students offered falls assessments. We also took a group to the Falls-Free Expo in Winston-Salem. Forty-five participants accepted our STEP-tember Walking Challenge and walked over 5 million steps during the month. Lastly our Director completed the Ann Johnson Institute Training for Senior Center Certification.

Looking ahead:

Senior Services Advisory Board will meet on October 7th at 3pm at King Senior Center. We will be hosting a Senior Health Fair on October 10th from 9am-11am and Medicare Open Enrollment appointments will be scheduled on October 28th. We are also looking forward to partnering with Stokes County Arts Council in providing a Commemorative Weaving Class each Tuesday in October.

	week 1	week 2	week 3	week 4	week 5
Exercise Classes	4	6	6	6	3
Dance Classes	6	5	6	6	1
Games	7	10	9	10	3
Mental Health	1	1	1	2	1
Cultural Arts	2	2	2	2	1
Health Services	0	0	3	3	0
Social	2	1	1	2	0
Education	0	0	3	3	
Virtual/Hybrid	1	1	1	1	2
partner classes	5	6	6	6	2
Support	1	0	0	0	0
Special Events	1	1	2	4	0