

King Senior Center

Monthly Report to Council

Aug 2025

Unduplicated participants	327
New participants	16
Average Daily Attendance	69
Volunteers	10

Senior Center Expanded Services

Exercise classes	37
Dance Classes	8
Participants (July)	68

August Highlights:

We celebrated National Senior Citizens Day on August 21st with cookies and lemonade. The Center hosted a CPR certification event, targeting those who work or live with adults at an elevated risk for cardiac arrest. KMC Director accompanied Barbara K. to an AARP luncheon celebrating the 90th Anniversary of Social Security on August 14th - Barbara was highlighted in a video that is being shown across the state. The Director also attended the Stokes Aging and Planning Services Committee meeting in Danbury on August 26th.

Looking ahead:

September is National Senior Center Month and the week of the 22nd is National Falls Prevention Awareness Week. The Center will host a Kick Em Up on the 6th with local band, The Hurricanes. We plan to have a booth at the Stokes County Fair and will be hosting the Stokes County Senior Citizens Day with music, contests, prizes and free lunch provided by the Legion. We will be hosting a Medicare 101/SHIP presentation on Sept 16th for those who are about to turn 65 or those who are already 65 but new to Medicare and still have questions. Stokes Pharmacy will be providing a vaccination clinic on the 18th, AARP will be here on the 22nd to present ways to declutter and downsize, WSSU PT Dept will be offering free falls risk assessments on the 23rd, HEART will provide a workshop in Alzheimers Disease, and King Public Library will offer information on digital resources. We will also be attending the Falls-Free Expo in Winston-Salem on the 24th - all older adults are encouraged to attend. We will celebrate our 18th Anniversary on Sept 23rd at 3pm with cake ice cream!

Our Director will be attending Module 6 of the Ann Johnson Institute training, thus completing the requirement for certification.

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