

PLACE
STAMP
HERE



KING Senior Center Old Age Ain't For Sissies

Recreation Acres Lower Level
107 White Road
King, NC 27021
Telephone 336 983-0751

Hours

Monday 9 am – 6pm

Tuesday 9 am – 6pm

Open later when dance classes scheduled

Wednesday 9 am – 6pm

Open later when dance classes scheduled

Thursday 9 am – 6pm

Open later when dance classes scheduled

Friday 9 am – 6pm

Open later when dance classes scheduled

Saturday- when activities are scheduled

Sunday- when activities are scheduled



MISSION STATEMENT

The King Senior Center is an extra-governmental facility affiliated with the City of King dedicated to providing services and opportunities to citizens 55 years and older and their families. It is publicly and privately funded and operates for all senior adults in the community, regardless of race, color, religion, sex, national origin or disability. The King Senior Center exists to enrich the lives of seniors through programs and services that will improve their health and wellness, decrease their loneliness and isolation, and provide social, economic, and educational opportunities that will enhance their quality of life.

King Senior Center
PO Box 453
King, NC 27021

WEEKLY SCHEDULE

Every Monday

10 am **Chi Kung** / David McMahon

Blood Pressure Check

11:15am-1pm **Physical Activities Time**
for Dance/Exercise activities

12:30pm **Games Canasta / AG Bridge**

1:30pm until **Art Time**

for art/crafts activities (may have cost)

Every Tuesday

12 Noon Line Dancing Practice until

12:30 - 1:30 pm **\$ (Pay) as yoU GO** Line Dancing
(cost) Teacher Pat Atkins

2 pm Bridge until the game is finished!

Sometimes there are dance classes at night (cost).

Every Wednesday

1 pm Games

Sometimes there are dance classes at night (cost).

Every Thursday

9:30am till 12:30pm **Health Time**

for either Physical Activities or Health Education

1pm Bridge until the game is finished!

Every Friday

8:00am - 9:30am **Veterans "Second Cup" Coffee**

This is open to everyone, veterans from any branch of service or time and to all of those who honor these our veterans. Coffee and refreshments are available. Sponsors and volunteers are needed to provide refreshments.

10:00 am **One Foot Forward** is line dancing at the next level/ Don Richardson teacher

12:00 pm **Just For Fun** is line dancing for anybody and everybody—beginners or experienced where teaching is shared by participants.

12:30pm **Canasta**

2 pm **Tai Chi for Arthritis & Fall Prevention**

3pm **Euchre**

King Senior Travel Club

When there is no trip scheduled, the club meets on the fourth Monday at the center for a meal and business meeting. Some months there are trips scheduled, usually every other month. There are both overnight and day trips. Call the King Senior Center for more information (336 983-0751) or to request a KSTC calendar or check online.

BIMONTHLY / MONTHLY SCHEDULE

First Wednesday of Month

WWW 12 noon The location of the meal is decided each month by pulling a restaurant name out of a hat at current meal for the next month!

Second Wednesday of Month

Meal - Potluck or Planned

First Friday of Month

Music Night 7-9pm *

Third Friday of Month

Cranford Creek Bluegrass 7 - 9pm *

First & Third Saturday of Month *

Music Night 7pm - 10pm

(Donations for band requested!)

First & Third Saturday of Month

Entertainment Night 5:30pm

Every Other Month Fourth Saturday Night

Kick-U-Up Covered Dish then Dancing or Card

Playing 5:30pm

Fifth Saturday Night

Early Birds Eating Out Somewhere

Location To Be Decided

Fifth Sunday Progressive Bridge 2 pm

Sundays The center is usually rented at least twice a month on Sunday. When the center is not rented, there may be a dance class scheduled. Please check each month to see if there are any classes scheduled and what type of dance.

Thursday (usually 1st & 3rd)

Clogging with Fran & Don

Insurance Assistance As Scheduled

Other Events As Scheduled

SPECIAL EVENTS

Sweetheart Dance - Stan Bobbitt Band

Everyone brings a refreshment item!

"Senior" Senior Prom - Flashback Band

Prom Theme & Refreshments served

Fourth of July

Cookout! Card Playing! FIREWORKS!

5th Saturday Summer Celebration

Hotdog Cookout! Bring Dessert! Drinks provided!

Stan Bobbitt Band

Annual Open House

KSC opened 09/23/2007 Refreshments served!

There are several activities that are available on a drop in basis anytime that is not in conflict with other activities. Please remember there are three rooms...

READING: The King Senior Center subscribes to both the Winston-Salem Journal and The Stokes News. Slate Funeral Home provides a subscription service with a variety of magazines available. These items are available for participants to read while at the center. Also there is a good selection of books available that participants can "check out" or "exchange".

PUZZLES: In the winter often there is a jigsaw puzzle set up, usually 1000 pieces. Many of the puzzles that senior center participants have put together have been framed and hung in the center.

GAMES: Rook - Spades - Skipbo - Canasta - Uno - Phase 10 - Pinochle Bridge - Euchre - Hand & Foot - Sequence - Train Dominoes - Checkers - Chinese Checkers - Various Rummy Card Games - Golf - Rummikub - Kings in the Corner - Other Board Games

GARDENING - The Master Gardeners of Stokes have a community garden at Recreation Acres. If you are interested in joining the group please call Randy Fulk at 336 593-8179.

COMPOSTER - Always needs turning !

WALKING TRAIL - There is a walking track around the ballfields at Recreation Acres. One and one half times around the track equals one mile. The hours posted at Recreation Acres are 5:30am to 12 midnight.

The website is www.ci.king.nc.us

Click on City Departments. On the next screen click on King Senior Center in the box on left. Calendars for the King Senior Center & King Senior Travel Club are at the bottom as well as other information