

June 2024

8:30am-5:00pm Monday-Friday
Serving adults age 55+

King Senior Center

336-983-0751

107 White Rd, lower level King Rec Acres Community Building

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2 1:30pm Pegs & Jokers	3 10am Chi Kung 11am SPOTLIGHT: Stokes Co-Ext: Basics of Decluttering 10:30am Aqua Fit @ YMCA 1pm Canasta 2pm Cornhole 5:30 Yoga with Laura, \$, IG 6pm King City Council	4 10am Mindfulness 11am ZOOM Chat 11:15am Aqua Fit @ YMCA 12pm Pat Adkins Mem Dance 2pm Bridge 2pm Tai Chi UL 2pm Dancing with Spirit at Universal Healthcare 6pm Caregiver Support	5 9am Strength Class 10am Chair & Up Yoga 10:30am Aqua Fit @ YMCA 11am BINGO 1pm Games & Cards 1pm Tech Class UL 3pm Book Club: The Water is Wide 6pm Dance It Out \$, IG	6 10am Mah Jongg 11:15am Aqua Fit @ YMCA 12pm Smart Start Dance \$ 2pm Bridge 2pm Cornhole UL ***NO Gentle Sit & Fit Flow*** 5pm Twisted Stitchers ***No Active Aging Ballet***	7 9am 2 nd Cup Vet Breakfast <i>Sponsor: Mtn Valley Hospice</i> 9:30am Sit & Fit UL 10:30am Aqua Fit at YMCA 12pm Just for Fun Dance 1pm Canasta & Card Games	8
9	10 10am Chi Kung 10:30am Aqua Fit @ YMCA 1pm Canasta 2pm Cornhole 5:30 Yoga with Laura, \$, IG	11 10am Mindfulness 11am ZOOM Chat 11:15am Aqua Fit @ YMCA 12pm Pat Adkins Mem Dance 2pm Bridge 2pm Tai Chi UL	12 9am Strength Class 10am Chair & Up Yoga 10:30am Aqua Fit @ YMCA 10:30am FREE Blood Pressure Check with Mtn Valley Hospice 11am BINGO 1pm Games & Cards 1pm Tech Class UL 6pm Dance It Out \$, IG	13 10am Mah Jongg 11:15am Aqua Fit @ YMCA 12pm Smart Start Dance \$ 2pm Bridge 2pm Cornhole UL 4:30pm Gentle Sit & Fit Flow 5pm Twisted Stitchers 6pm Active Aging Ballet IG	14 9am 2 nd Cup Vet Breakfast <i>Sponsor: Priddy Manor</i> 9:30am Sit & Fit UL 10am Doughnuts for Dads 10:30am Aqua Fit at YMCA 12pm Just for Fun Dance 1pm Canasta & Card Games	15
16 <i>Happy Father's Day!</i> 1:30pm Pegs & Jokers	17 10am Chi Kung 10:30am Aqua Fit @ YMCA 11am Crafts: Jewelry Workshop with Dory 1pm Canasta 2pm Cornhole 5:30 Yoga with Laura \$,IG	18 ***No Mindfulness*** 11am ZOOM Chat 11:15am Aqua Fit @ YMCA 12pm Pat Adkins Mem Dance 2pm Bridge 2pm Tai Chi UL	19 9am Strength Class 10am Chair & Up Yoga 10:30am Aqua Fit @ YMCA 11am BINGO 1pm Games & Cards 1pm Tech Class UL 6pm Dance It Out \$, IG	20 10am Mah Jongg 11:15am Aqua Fit @ YMCA 12pm Smart Start Dance \$ 2pm Bridge 2pm Cornhole UL 4:30pm Gentle Sit & Fit Flow 5pm Twisted Stitchers 6pm Active Aging Ballet, IG	21 9am 2 nd Cup Vet Breakfast <i>Sponsor: Bethel Methodist</i> 9:30am Sit & Fit UL 10:30am Aqua Fit at YMCA 12pm Just for Fun Dance 1pm Canasta & Card Games	22
23	24 10am Chi Kung 10:30am Aqua Fit @ YMCA 11am Age & Bake: Cobbler 1pm Canasta 2pm Cornhole 5:30 Yoga with Laura \$,IG	25 10am Mindfulness 11am ZOOM Chat 11am Mental Health Moment with GAST: Walk A Mile in My Shoes 11:15am Aqua Fit @ YMCA 12pm Pat Adkins Mem Dance 2pm Bridge 2pm Tai Chi UL	26 9am Strength Class 10am Chair & Up Yoga 10:30am Aqua Fit @ YMCA 11am BINGO 1pm Games & Cards 1pm Tech Class UL 3pm Got Plans? with Trellis UL 6pm Dance It Out \$, IG	27 10am Mah Jongg 11:15am Aqua Fit @ YMCA 12pm Smart Start Dance \$ 2pm Bridge 2pm Cornhole UL 4:30pm Gentle Sit & Fit Flow 5pm Twisted Stitchers 6pm Active Aging Ballet, IG	28 9am 2 nd Cup Vet Breakfast <i>Sponsor: Knights of Columbus</i> 9:30am Sit & Fit UL 10:30am Aqua Fit at YMCA 12pm Just For Fun Dance 1pm Canasta & Card Games	29
30 1:30pm Pegs & Jokers			<i>KSC participants can Attend 2 Aqua Fit Classes per week at Stokes Family YMCA with no membership required</i>	<i>UL: Upper level \$: small fee for event IG: Open to <55 years SU: Sign-up requested Virtual Options: ZOOM & SPOTLIGHT Senior Series</i>	<i>Sit & Fit is a program with our partners at Walnut Cove Senior Center and is held upstairs at King Rec Acres Community Building</i>	