

Stokes County Senior Center

Expanded Services



March 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	For more information, please contact Paula Hall, Director, King Senior Center 336-983-0751 or Reba Dodson, Coordinator, Walnut Cove Senior Center 336-591-5442	Instructors: TB: Tammie Bennett RL: Randi Luzwick KM: Karen Mercer JS: Julia Schafer JB: Judy Brown DR: Don Richardson			1 10am Senior Strong-Lawsonville RL 2pm Fit & Fabulous-Danbury JS	2
3	4 10:30am Senior Fitness Oak Grove TB 2pm Line Dance Lawsonville DR NO YOGA IN DANBURY	5 ELECTION DAY! SITES CLOSED Sandy Ridge and Francisco sites closed for senior center activities	6 10:30am Sit & Fit Lawsonville TB 10:30am Gentle Yoga-Pine Hall RL 2pm Senior Fitness-Danbury JS	7 10am Senior Strong-Oak Grove TB 10am Sit & Fit-Francisco JS 2pm Line Dance-Pine Hall DR	8 10am Senior Strong-Lawsonville RL 2pm Fit & Fabulous-Danbury JS	9
10	11 10:30am Senior Fitness-Oak Grove TB 11am BINGO - Lawsonville 2pm Line Dance Lawsonville DR 4pm Yoga- Danbury KM	12 10am Sit & Fit-Sandy Ridge TB 2pm Tech Class-Sandy Ridge JB NO GENTLE YOGA	13 10:30am Sit & Fit Lawsonville TB 10:30am Gentle Yoga-Pine Hall RL 2pm Senior Fitness-Danbury RL	14 10am Senior Strong Oak Grove TB 10am Sit & Fit-Francisco RL	15 10am Senior Strong-Lawsonville RL 2pm Fit & Fabulous-Danbury RL	16
17	18 10:30am Senior Fitness-Oak Grove TB 2pm Line Dance Lawsonville DR 4pm Yoga- Danbury KM	19 10am Sit & Fit-Sandy Ridge TB 2pm Tech Class-Sandy Ridge JB 5:30pm Gentle Yoga-Francisco KM	20 10:30am Sit & Fit Lawsonville TB 10:30am Gentle Yoga-Pine Hall RL 2pm Senior Fitness-Danbury RL	21 10am Senior Oak Grove TB 10am Sit & Fit-Francisco RL 2pm Line Dance-Pine Hall DR 3pm BINGO - Oak Grove	22 10am Senior Strong-Lawsonville RL 2pm Fit & Fabulous-Danbury RL	23
24 31	25 10:30am Senior Fitness-Oak Grove TB 2pm Line Dance Lawsonville DR 4pm Yoga- Danbury KM	26 10am Sit & Fit-Sandy Ridge TB 2pm- Healthy Eating Habits with Stokes Co Health Dept - Sandy Ridge 5:30pm Gentle Yoga-Francisco KM	27 10:30am Sit & Fit - Lawsonville TB 10:30am Gentle Yoga-Pine Hall RL 2pm Senior Fitness-Danbury RL	28 10am Senior Strong-Oak Grove TB 10am Sit & Fit-Francisco RL	29 	30

By popular demand...

BINGO

MONDAY, MARCH 11TH AT 11AM
LAWSONVILLE COMMUNITY CENTER
AND
THURSDAY, MARCH 21ST AT 3PM
OAK GROVE BAPTIST CHURCH

Hosted by Stokes County Senior Center Expanded Services,
a grant-funded partnership of
King Senior Center and Walnut Cove Senior Center

To learn more about the candidates, confirm your voting locations, and view sample ballots, visit https://www.co.stokes.nc.us/departments/boards_of_elections.php

There will be no classes on Tuesday, March 5th because our sites will be election sites.

So go exercise your right to vote!

All sites will be closed on Friday, March 29th in observance of the Easter holiday.

Needing to make some changes
to your diet?



Healthy Eating Habits

with Stokes County Health Dept

provided by Stokes County Senior Center Expanded Services

**Tuesday, March 26
2pm
NE Stokes Volunteer
Fire Dept
Sandy Ridge**

Serving adults age 60+, Stokes County Senior Center Expanded Services is a grant-funded program that allows for the partnership between King Senior Center and Walnut Cove Senior Center to provide the community with access to exercise classes and other activities to improve health, wellness and reduce isolation. Senior Centers are also available to help adults connect with important services like transportation, nutrition, legal assistance, tax preparation, employment, and more.

For information and assistance, please contact Paula Hall, Director, at King Senior Center 336-983-0751 or Reba Dodson, Coordinator, at Walnut Cove Senior Center at 336-591-5442.