

Caregiving Support Group
Sponsored by: Resources for Seniors and
East Wake Senior Center

2nd Wednesday of each month
Wendell Community Center;
601 W. Third Street, Wendell, NC.
Call 919-365-4248 for information.
9:30am-11:00am



REX Mobile Mammogram
February 22nd, 2018
10:00am – 2:30pm.

Call **TODAY** for your Appointment
All Registration Forms are due to the Senior Center
by 4:00pm Feb. 8th, 2018



Wake County Senior Games and Silver Arts
“Don’t Quit.....Stay Fit !”

March 27- April 28, 2018

OPEN TO Wake Co. Residents AGES 50 AND OVER!
www.wceniorgames.org

Registration Starts January 29, 2018

CLOSINGS:
MONDAY: JANUARY 1st, 201
MONDAY: JANUARY 15th, 2018

Individual Counseling

INFORMATION; ASSISTANCE; REFERRALS

1:1 Counseling w/ *Susan McGuire*

ON-SITE SERVICE COORDINATOR

2nd & 3rd Wed. each month 8:30am-4:00pm
January 10th & 17th and February 14th & 21st

**Information provided on eligibility,
procedures, and contacts for older adults and
persons with disabilities in Wake County. Call
for your one-on-one appointment.**



****EXERCISE IN DISGUISE****

Thursday's

9:30am – 10:30am

**Classes held at Wendell Community Center;
601 W. Third St. Wendell, NC 27591**

**You MUST be a Registered Member of the Eastern
Wake Senior Center before beginning this class.**

Call 919-365-4248 to sign up

Zumba Gold—Perfect for active older adults who
are looking for a modified Zumba® class that
recreates the original moves you love at a lower-
intensity.

DXF® - is a FUN, uplifting, and
empowering **fitness** program for all ages and ability
levels incorporating four disciplines: dance,
kickboxing, strength training and soul line dancing.

Socialize · Exercise · Prioritize

Drop-in activities – (Closed during scheduled classes)

- 8:00 - 5:00 Craft Room & Community Outreach
- 8:00 - 5:00 Body Shop Fitness Room
- 8:00 - 5:00 Computer Lab **(when available)**
- 8:00 - 5:00 Cards, Corn Hole, Piano and more

Monday

- 8:30 Fit and Strong **(Begins 2/5/2018)**
- 9:00 Tone and Sweat **(Ends 1/31/2018)**
- 9:00 Qi Gong **(Video in Body Shop)**
- 9:30 Cards, Dominoes, Pinochle
- 10:00 Quilting / Sewing Group
- 10:15 Bingo
- 12:30 Fun and Fit **(Ends 1/31/2018)**
- 12:30 Geri-Fit **(Begins 2/5/2018)**
- 1:30 Beginner Line Dance

Tuesday

- 8:30 Tai Chi for Fall Prevention & Arthritis **(Advanced)**
- 9:30 Tai Chi for Fall Prevention & Arthritis **(Beginner)**
- 9:30 Cards, Dominoes, Yahtzee
- 9:30 Ceramics Class
- 10:30 Seminar/Program (see Special Events)
- 12:00 Introduction to Line Dance (1/23/2018)
- 1:00 Yoga **(TBA)**
- 1p-4p SHIP, One on One Counseling
Appt. Req'd (2nd Tuesday)
- 2:30 EWSC House Band

Wednesday

- 8:30 Fit and Strong **(Begins 2/5/2018)**
- 9:00 Tone and Sweat **(Ends 1/31/2018)**
- 9:00 Qi Gong **(Video in Body Shop)**
- 9:30 Strutters Line Dancing
- 9:30 Caregiver Support Group (1-1/2 hour)
(Wendell Community Center—2nd Wed.)
- 9:30 Cards, Dominoes, Pinochle
- 10:00 Quilting / Sewing Group
- 10:00 Knitting/Crocheting
- 10:30 Seminar/Program (see Special Events)
- 12:30 Fun and Fit **(Ends 1/31/2018)**
- 12:30 Geri-Fit **(Begins 2/5/2018)**
- 1:30 Beginner/Intermediate Line Dancing
- 2:30 Chair Yoga w/Camille **(Begins 1/10/2018)**

***COMMITMENT to YOUR HEALTH is a
COMMITMENT to LIFE!***

Thursday

- 9:00 Bandercise
- 9:30 Relaxation/Meditation Class
- 9:30 Zumba Gold & DXF w/ Linda Monden-Thomas
(Wendell Community Center)
- 10:00 Choir Rehearsal
- 11:00 Gardening Group (Subject to Change)
- 1:00 Acrylic Painting Class (3 hr. class)

Friday

- 8:30 Tone and Sweat
- 9:00 Qi Gong **(Video)**
- 9:00 Cards, Dominoes, Pinochle
- 10:15 Bingo
- 10:45 Bell Chimes Choir

\$ - Fee for class

* - Fee if using center's supplies

Evidenced Based Classes:



Geri-Fit - Every Monday and Wednesday
February 5th – April 25th, 2018 from 12:30
pm – 1:30 pm. Geri-Fit is designed to help
with Osteoporosis and Arthritis, focusing
on muscle strength, flexibility, balance,
and endurance. Sign – Up today!



Fit and Strong; Feb. 5th – April
25th, 2018, Monday and Wednesday from
8:30am—10:00am. This class is designed
to help strengthen lower extremity
arthritis. Sign up Today!



**Tai Chi for Fall Prevention and
Arthritis** – This class is designed to help
with arthritis using slow and gentle
movements. Feb 6th – June 19th, 2018

Advanced class

Tuesday; 8:30am – 9:30am

Beginner Class

Tuesday; 9:30am – 10:30am

Special Events

January 2018

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| 1/4 | Thurs. 9:30 am | Praise and Worship – Please join Christy and Ginger for Devotion and Dance |
| 1/9 | Tues. 10:00 am | Blood Pressure Checks - Casey Baldwin, RFS Pharmacist (Open to Public) |
| 1/9 | Tues. 1-4 pm | SHIIP Medicare Counseling – with Larry Bradbury – 1:1 counseling to assist with specific questions related to Medicare; Appointment Required |
| 1/10 | Wed. 10:30 am | Coping with Loss after the Holidays – Casey, RFS Pharmacist will Share ways to cope after the holidays with loss and grief. |
| 1/10 | Wed. 2:30 pm | Chair Yoga – Ms. Gay Camille Grace will share techniques to help you relax and melt the stress away. |
| 1/12 | Fri. 10:30 am | Karaoke Party – Join Jimmy and Brenda Lewis for fun and good music. |
| 1/17 | Wed. 10:30 am | Clear Caption – Join Cyndi Holzhauser as she shares how to receive a phone used for individuals that are hard of hearing. |
| 1/22 | Mon. 11:00 am | Heartland Hospice – Join Johnny Richard he will share information about hospice and serenade you all at the same time. |
| 1/23 | Tues. 10:30 am | Exploring Senior Housing Options – Mrs. Paige VanLenten will share ways to increase your options for senior housing opportunities. |
| 1/23 | Tues. 12:00 pm | Introduction to Line Dance – Are you interested in line dancing but you don't know how? We can help, join us for all the basic steps and lots of fun and dance. |
| 1/26 | Fri. 10:45 am | Rockin Dickie – Bring your dancing shoes and let's rock out for a good time. |

Special Events

February 2018

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|------|---------------------|--|
| 2/5 | Mon. 8:30-10am | Fit and Strong – This is an evidenced based class held on Mon. and Wed. that will help with lower extremity arthritis. Please join us for lots of fun and fitness. (12 week program) |
| 2/5 | Mon. 12:30pm | Geri-Fit – Evidenced based class held on Mon. and Wed. that is designed to help with Osteoporosis and arthritis, to increase muscle strength & flexibility. |
| 2/6 | Tues. 8:30 & 9:30am | Tai Chi for Arthritis and Fall Prevention – Evidenced based program for the advanced and the beginners to help with balance and arthritis using slow/gentle movements. Class held every Tues. for 20 weeks. Sign Up Today! |
| 2/9 | Fri. 10:30 am | Karaoke Party – Join Jimmy and Brenda Lewis for fun and good music. |
| 2/13 | Tues. 10:00 am | Blood Pressure Checks - Casey Baldwin, RFS Pharmacist (Open to Public) |
| 2/13 | Tues. 1-4 pm | SHIIP Medicare Counseling -with Larry Bradbury; 1:1 counseling to assist with specific questions related to Medicare; Appointment Required |
| 2/14 | Wed. 10:30 am | Food-Bourne Illnesses – Casey Baldwin will share information about food-bourne illnesses, the signs and symptoms. |
| 2/16 | Fri. 10:45 am | Rockin Dickie - Bring your dancing shoes and let's rock out for a good time. |
| 2/22 | Thurs. 10:00 am | Rex Mobile Mammography – Rex Mobile will conduct Mammograms onsite, make your appointment today! Stop by the center to complete the registration forms by Feb. 8 th , 2018 by 4:00pm. (Bring I.D. and Insurance Info) |

2/23 Fri. 10:00am

Black History Presentation – Join us for a tribute to African American History through poetry, song and entertainment. (Bingo Cancelled)

Evidenced Based Class Consumer

Contribution Opportunity:

Resources for Seniors partners with several organizations and agencies to provide programs at no cost to participants in our community. The money that pays for these services is a combination of federal, state, county/local funds, plus consumer contributions. We realize that not all participants are able to contribute. Please understand that you are under no obligation to contribute; **it is entirely voluntary**. Your continued participation in the programs and services is **NOT** dependent upon your willingness, or ability to contribute. If you would like to make a contribution or more information go to www.resourcesforseniors.com.

**FREE Wake Tech Classes offered at Eastern Wake Senior Center
2018 Winter/Spring Classes**

Must be 55 and up to Attend these Classes

TBA – To Be Announced – Call the center or check the website for dates and times of Wake Tech Classes listed below.

Yoga – Tuesday’s, from 1:00pm – 2:00pm; Dates TBA. (Max. 15 Students)

Spanish (Beginner) – Thursdays from 11:00am – 1:00pm; Dates TBA. (Max. 18 Students)

Spanish (Advanced) – Thursday’s from 1:30pm – 3:30pm; Dates TBA (Max. 18 Students)

Introduction to Microsoft Word – Dates and Times TBA (Max. 10 Students)

Computer 101 – Dates and Times TBA (Max. 10 Students)

Important Notes About Wake Tech Classes:

- An asterisk * means the class is full or has already begun.
- If you see a class you’d like to take and it is full or has already begun, see front desk personnel to put your name on a waiting list. However, there is no guarantee the class will be offered again.
- Wake Tech class application form **MUST** be submitted and signed no later than one day prior to 1st day of class or lecture.
- Students **MUST** be in the 1st day of class. **NO ONE** is allowed to start in the second class.
- Arrive for class no later than scheduled time – latecomers will be considered absent and not allowed to enter the classroom.
- Wake Tech classes are College Classes. **It is important that ALL students be committed to attending every class they have signed up for.** Instructors are paid by Wake Tech to teach these classes at no charge to the students. If you miss more than one class in a course, you may not be considered for another Wake Tech class. If students sign up and do not regularly attend classes, Wake Tech may discontinue offering these special classes to EWSC. All students will receive a certificate upon completion of each Wake Tech class.