

30th Anniversary Celebration



January 25th, 2019 at 10:00am

Join us for the 30th Anniversary of the
Eastern Wake Senior Center



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

APPOINTMENT REQUIRED

**Medicare Counselors available
for 1:1 Appointments. Call the center today.**

January 8th and February 12th
Appointments available 1:00pm- 4:00pm

INFORMATION · ASSISTANCE · REFERRALS

Individual Counseling

**1:1 Counseling with Heather Arcuri,
On-Site Service Coordinator**

January 9th and January 16th 9am-1pm
February 6th and February 13th 9am-1pm

Information provided on eligibility, procedures, and
contacts for older adults and persons with disabilities
in Wake County. **Call to make an appointment on the
2nd and 3rd Wednesday of each month.**

Closings

Monday, January 1st, 2019
Observance of New Year's Day

Monday, January 21st, 2019
Observance of Martin Luther King Jr. Day

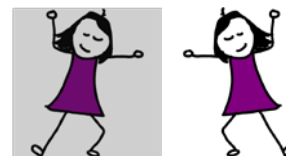
Caregiver Support Group



Sponsored by: Resources for Seniors
and Eastern Wake Senior Center

**2nd Wednesday of each month
9:30 am – 11:00 am**

Held at: Wendell Community Center
601 W. Third Street, Wendell, NC



Introduction to Line Dance

Join EWSC for 6 weeks as we learn line dance.

February 1st, 2019- March 8, 2019



Valentine's Day Party

February 14th, 2019 10:30am

To register for a class or event, or for more information, call the Center at: 919-365-4248

WEEKLY SCHEDULE

Socialize · Exercise · Prioritize

Drop- in activities

(Closed during scheduled classes)

8 am-5pm	Craft Room & Community Outreach
8 am-5pm	Body Shop Fitness Room
8 am-5pm	Computer Lab <i>(when available)</i>
8 am-5pm	Card, Dominoes, Piano and more

Mondays

9-9:45	Geri-Fit
9:00	Qi Gong <i>(Video in Body Shop)</i>
9:30	Cards, Dominoes, Pinochle
10:00	Quilting / Sewing Group
10:15	Bingo
12:30	Fun and Fit
1:30	Beginner Line Dance

Tuesdays

8:30	Tai Chi for Fall Prevention & Arthritis <i>(Advanced)</i>
9:30	Tai Chi for Fall Prevention & Arthritis <i>(Beginner)</i>
9:30	Cards, Dominoes, Yahtzee
9:30	Ceramics Class <i>(*)</i>
10:30	Seminar/Program <i>(see Special Events)</i>
12:00	Muscle Yoga <i>(\$)</i>
1:00	Gentle Yoga <i>(\$)</i>
1p-4p	SHIIP, One on One Counseling <i>(Appt. Req'd)</i>
1:30	Powerful Tools for Caregivers <i>(Rolesville Chamber of Commerce- 1/8/19- 2/12/19--)</i>

Wednesdays

9-9:45	Geri-Fit
9:00	Qi Gong <i>(Video in Body Shop)</i>
9:30	Strutters Line Dancing <i>(Wendell Comm. Center)</i>
9:30	Caregiver Support Group <i>(1.5 hrs.) (Wendell Comm. Center- --Dates--)</i>
9:30	Cards, Dominoes, Pinochle
10:00	Quilting / Sewing Group
10:00	Knitting/Crocheting
10:00	Brain Games <i>(3rd Wednesdays)</i>
10:30	Seminar/Program <i>(see Special Events)</i>
12:30	Fun and Fit
1:30	Beginner/Intermediate Line Dancing

Thursdays

9:00	Qi Gong <i>(Video in Body Shop)</i>
9:30	Relaxation/Meditation Class
9:30	Zumba Gold & DXF w/ Linda Monden-Thomas <i>(Wendell Comm. Center)</i>
10:00	Gardening Group
10:00	Choir Practice
1:00	Acrylic Painting Class <i>(2 hr. class)</i>
11:00	Spanish Level 2 <i>(Beginner) (\$)</i>
1:30	Spanish Level 1 <i>(Advanced) (\$)</i>

Fridays

9-9:45	Tone & Sweat
9:00	Qi Gong <i>(Video in Body Shop)</i>
9:00	Cards, Dominoes, Pinochle
10:15	Bingo
10:30	Bell Chimes
12:00	Introduction to Line Dance <i>(Begins 2/1)</i>

NOTES

- Evidence-based fitness classes are listed on [page 3](#). **Registration is required for these classes.**
- There may be times that we may need to move or cancel a class due to unexpected changes of schedules at the different locations. We will make every effort to inform you of these changes in advance.

FEE STRUCTURE

- Classes are at no cost unless marked by a *(\$)*.
- Fees for use of Center's supplies marked by *(*)*.
- Donations are always accepted for ongoing program support.



To register for a class or event, or for more information, call the Center at: 919-365-4248

Evidence-Based Classes

Registration is required.

Please call to register, space is limited!



✓ Geri Fit

Geri Fit uses light dumbbells and stretch bands for a full body workout, and is designed to help with Osteoporosis and Arthritis, focusing on muscle strength, flexibility, balance, and endurance.

Mondays and Wednesdays

January 7th, 2019 – April 3rd, 2019

9 am – 9:45 am



✓ Tai Chi for Fall Prevention and Arthritis

This class is designed to help with arthritis and balance using slow and gentle movements.

January 8th, 2019 – May 21st, 2019

Advanced class

Tuesdays; 8:30am – 9:30am

Beginner Class

Tuesdays; 9:30am – 10:30am

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, see staff, or for more information visit www.resourcesforseniors.com.

Wake Tech Classes Held at Eastern Wake Senior Center



2019 Winter Classes

Please note: Wake Tech Classes are no longer free. See costs listed below. **Must be 55+ to attend.**

--MS Excel--

2:00pm- 4:00pm

January 7th, 8th, 9th and 11th, 2019 (Cost: \$15)

--Muscle Yoga--

Tuesdays 12:00pm – 1:00pm

January 8th – February 12th, 2019 (Cost: \$15)

--Gentle Yoga--

Tuesdays 1:00pm – 2:00pm; Max 15 students
January 8th – February 12th, 2019 (Cost: \$15)

--Spanish (Beginner 4) --

Thursdays 11:00am - 1:00pm; Max 18 students
February 7th – March 14th, 2019 (Cost: \$30)

--Spanish (Beginner 1) --

Thursdays 1:30pm – 3:30pm; Max 18 students
February 7th – March 14th, 2019 (Cost: \$30)



Options Counseling

"Open Doors for Seniors and Individuals with Disabilities"

What is options counseling?

- Options counseling is a gateway for many Wake County seniors and people living with disabilities to receive community support and services
- Options counseling helps individuals navigate the maze of programs, services and agencies
- Options counseling ensures that seniors and people with disabilities have the opportunity to consider long-term support options at a variety of points in the planning process
- Options counseling promotes the "no wrong door" approach to accessing services

Call RFS at 919-713-1255 to schedule appt.

To register for a class or event, or for more information, call the Center at: 919-365-4248

JANUARY 2019 SPECIAL EVENTS

Date	Day	Time	Event/Description
1/1	Tuesday		CENTER CLOSED FOR OBSERVANCE OF NEW YEARS DAY
1/8	Tuesday	10:00am	Blood Pressure Checks – Casey Baldwin, RFS Pharmacist (Open to Public)
1/8	Tuesday	1pm-4pm	SHIIP Medicare Counseling – 1:1 counseling to assist with specific questions related to Medicare. Appointment Required.
1/9	Wednesday	10:00am	Live Well at Home – Timothy Murray from Aware Senior Care will be providing information on how to exercise your brain and reduce stress.
1/11	Friday	10:30am	Karaoke Party – Join Jimmy and Brenda Lewis for fun and good music.
1/16	Wednesday	10:00am	Disaster Preparedness – Ray Porter from Wake County Emergency Management will share information on how to be prepared for a disaster and what you need to have.
1/17	Thursday	9:45am	NC Museum of Natural Science- Laura Spear from NC Museum of Natural Science will give a presentation about Natural Science.
1/21	Monday		CENTER CLOSED FOR MARTIN LUTHER KING JR. DAY
1/23	Wednesday	10:30am	Carillon Assisted Living – Kacee Little from Carillon Assisted Living will share information about the Carillon Assisted Living center in Knightdale, NC
1/24	Thursday	10:00am	Ready Steady Go Fall Prevention- Join Susie Davis from Wake Med as she shares information about fall prevention.
1/25	Friday	10:30am	30th Anniversary Celebration – Celebrate with EWSC as we celebrate the Eastern Wake Senior Center's 30 th Anniversary and all the continued success of the center.
1/30	Wednesday	10:00am	Finance, Fraud & Technology – Jennie Griggs will share information about finances, fraud and technology and how to be prepared.

FEBRUARY 2019 SPECIAL EVENTS

Date	Day	Time	Event/Description
2/6	Wednesday	10:00am	Voting –Join Martha Grove as she shares information about voting.
2/8	Friday	10:30am	Karaoke Party – Join Jimmy and Brenda Lewis for fun and good music.
2/11	Monday	10:00am	Black History Month Presentation – Join EWSC as we celebrate National Black History Month
2/12	Tuesday	10:00am	Blood Pressure Checks – Casey Baldwin, RFS Pharmacist (Open to Public)
2/12	Tuesday	1pm-4pm	SHIIP Medicare Counseling – 1:1 counseling to assist with specific questions related to Medicare. Appointment Required.
2/13	Wednesday	10:00am	Diabetes and Diet Health Talk – Casey Baldwin from Resources for Seniors will share information about diabetes and the effect it has on seniors
2/14	Thursday	10:30am	Valentine's Day Party – Celebrate with EWSC as we celebrate Valentine's Day with good food and dancing. Sign up required.
2/22	Friday	10:30am	Rockin' Dickie – Bring your dancing shoes and lets rock out to good music and have a great time.

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