



Eastern Wake Senior Center
"2017 Volunteer Station of the Year"
Awarded by the City of Raleigh

Way to Go Volunteers!!

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.

2nd Annual Fish Fry Fundraiser



Eastern Wake Senior Center

Saturday July 8th, 2017
Dine In / Takeout – 11:00 am – 5:00 pm
Address: 323 Lake Drive, Wendell, NC 27591

All Proceeds go to support programs and
services offered at the Senior Center.

Tickets are on sale NOW! Stop by for your Ticket.

Thanks in advance for your support!!

Individual Counseling

INFORMATION; ASSISTANCE; REFERRALS

1:1 Counseling w/ *Susan McGuire*

ON-SITE SERVICE COORDINATOR
2nd & 3rd Wed. each month 8:30am-4:00pm
July 12 & 19 and August 9 & 16, 2017

**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****

"New Time" on 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 7/10/2017)**
- 9:00 Chi Gong **(Video in Body Shop)**
- 9:30 Cards, Dominoes, Pinochle
- 10:00 Quilting / Sewing Group
- 10:15 Bingo
- 12:30 Geri-Fit (Muscle Strength, Toning)
- 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)
- 1:00 Qi-Infused Yoga (8/29 –10/3)
- 1p-4p SHIP, One on One Counseling
Appt. Req'd (2nd Tuesday)
- 2:30 EWSC House Band **(Will return in August)**

Wednesday

- 8:30 Fit and Strong **(Begins 7/10/2017)**
- 9:00 Chi 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 Geri-Fit (Muscle Strength, Toning)
- 1:30 Beginner/Intermediate Line Dancing
- 2:30 Tai Chi **(Beginner)**

Thursday

- 8:30 Chair Yoga w/ Gay Camille Grace **(7/13/2017)**
- 9:30 Relaxation/Meditation Class
- 9:30 Zumba Gold & DXF w/ Linda Monden-Thomas
(Wendell Community Center)
- 11:00 Gardening Group (Subject to Change)
- 1:00 Acrylic Painting Class (3 hr. class)

Friday

- 8:30 Fit and Strong **(Begins 7/10/2017)**
- 9:00 Chi Gong **(Video in Body Shop)**
- 9:00 Cards, Dominoes, Pinochle
- 10:15 Bingo
- 10:45 Bell Chimes Choir
- 1:00 Tai Chi (Advanced)
- 2:00 Yoga (Floor) w/ Gay Camille Grace
(7/14/2017)

\$ - Fee for class

* - Fee if using center's supplies

Evidenced Based Classes:



Geri-Fit - Every Monday and Wednesday July 10th – September 27th, 2017 from 12:30 pm – 1:15 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; July 10th – September 1st, 2017, Mon, Wed, & Fri. 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.
July 5th – September 1st, 2017
Advanced class – Tues. 8:30 am – 9:30 am and Fridays 1:00 pm – 2:00 pm
Beginner Class – Tuesday; 9:30 am – 10:30 am and Wednesdays 2:30 pm – 3:30 pm

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

Special Events

July 2017

7/8	Sat. 11 am - 5 pm	EWSC ANNUAL Fish Fry – Please join us for our 2 nd Annual Fish Fry Fundraiser. \$9.00 per plate. Plate includes: Flounder, green beans, cole slaw, hushpuppies, dessert and bottled water.
7/10	Mon. 8:30 - 10 am	Fit & Strong – This Evidenced Based Class is designed to help strengthen lower extremity arthritis. Sign- up Today! (M, W, F) Begins: July 10th – Sept. 1st
7/10	Mon. 12:30 pm	Geri – Fit – This is an Evidence Based Class classed designed to help strengthen and tone the whole body.
7/11	Tues. 10:00 am	Blood Pressure Checks - Casey Baldwin, RFS Pharmacist
7/11	Tues. 10:30 am	Stretch - Join Macey Phelps with Wellington Nursing and Rehab for stretching and exercise techniques
7/11	Tues. 1-4 pm	SHIIP Medicare Counseling – with Larry Bradbury – 1:1 counseling to assist with specific questions related to Medicare. Appointment Required
7/12	Wed. 10:15 am	The Male Version of Menopause – Casey Baldwin, RFS Pharmacist will share the drop in testosterone levels that happen as men get older.
7/13	Thurs. 8:30 am	Chair Yoga – Ms. Gay Camille Grace will share techniques to help you relax and melt the stress away. (July 13 th – Sept. 1 st , 2017)
7/14	Fri. 2:00 pm	Yoga (Floor) w/ Gay Camille Grace – This is a Come as You Are class to learn breathing, poses and meditation. July 13 th – Sept. 1 st , 2017 (Bring your Mat)
7/18	Tues. 10:30 am	Home Care Services – Blair Purvis w/ Home Choice Health Care will discuss Home care options available to you or your family.
7/19	Wed. 10:30 am	Let’s Talk about our Kidney’s - Katey Cipriani w/ The National Kidney Foundation will discuss the health of our kidneys.
7/25	Tues. 10:30 am	Volunteer Recruitment – Jeanette Golden with The City of Raleigh, Volunteer Raleigh program to share information about The Foster Grandparent Program.
7/26	Wed. 10:30 am	Five Sneaky Causes of Weight Gain – Perry Chappell with Humana will share ways that our weight can sneak up on us. Join us!
7/28	Fri. 10:45 am	Rockin’ Dickie – Come out and Rock with this wonderful singing and wonderful music. Bring your dancing shoes!

Special Events

August 2017

8/8	Tues. 10:00 am	Blood Pressure Checks – Casey Baldwin, RFS Pharmacist; (Open to Public)
8/8	Tues. 1-4 pm	SHIIP Medicare Counseling -with Larry Bradbury; 1:1 counseling to assist with specific questions related to Medicare; Appointment Required
8/9	Wed. 10:30 am	Post-Cancer Care – Casey Baldwin will share the Do’s and Don’ts of Medications and Food. Join us for this great information session.

- 8/10 Thurs. 9:30 am **Rex Mobile Mammography** – Have you had your Mammogram this year? Please stop by the center and complete your registration form. All forms due July 27th, 2017 by 4:00pm. **Please bring Identification and Insurance information.** If you do not have insurance, assistance may be available.
- 8/11 Fri. 10:30 am **Karaoke Party** – Join Jimmy and Brenda Lewis for fun and good music.
- 8/23 Wed. 10:30 am **Good Foods for your Gut** – Join Perry Chappell from Humana as he shares the good foods to eat for our gut.
- 8/24 Thurs. 10:30 am **Volunteer Appreciation Luncheon** – Special Thanks to All our Volunteers for all you do for The Senior Center. Please join us for good music, lots of fun and Food

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 at Eastern Wake Senior Center
2017 Summer/Fall Classes
You Must be 55 and up to Attend these Classes

Computer 101 w/Jerry Glenn – July 17th, 18th, 19th, and 21st, 2017 from 2:00 pm – 4:30 pm. (Max. 10 Students)

Qi-Infused Yoga w/ Brenda Schnable – Tuesday's, August 29th – October 3rd, 2017 from 1:00pm – 2:00pm. (Max. 15 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.