

[www.resourcesforseniors.com](http://www.resourcesforseniors.com)

Caregiver Support Group

Sponsored by: Resources for Seniors and East  
Wake Senior Center

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



Rex Mobile Mammography Event  
Thursday, August 23<sup>rd</sup>, 2018

Call (919) 365-4248 or stop by the center to make your  
appointment and complete your registration form! ALL  
Forms due by August 9<sup>th</sup>, 2018  
Appointment Times: 10:00 am – 2:30 pm



**APPOINTMENTS REQUIRED:**

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

**July 10<sup>th</sup> and August 14<sup>th</sup>**

Appointments available: 1:00pm – 4:00pm



@RFSEasternWakeSeniorCenter

\*\*\*\*\*

**\*\*CLOSED\*\***

**Wednesday, July 4<sup>th</sup> in**

**Observance of Independence Day**

**Drop-in activities – (Closed during scheduled classes)**

**Individual Counseling**

INFORMATION; ASSISTANCE; REFERRALS

1:1 Counseling w/ *Susan McGuire*

*ON-SITE SERVICE COORDINATOR*

2<sup>nd</sup> & 3<sup>rd</sup> Wed. each month 8:30am-4:00pm

**July 11<sup>th</sup> and 18<sup>th</sup>, August 8<sup>th</sup> and 15<sup>th</sup>**

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

**DOG DAYS OF  
SUMMER  
COOKOUT**



**Friday July 20<sup>th</sup>, 2018**

**10:00 AM to 1:00 PM**

**Please RSVP by Monday July 16<sup>th</sup>, 2018**

Please bring a Covered dish to share

**Sign-Up In Lobby**

**VOLUNTEER APPRECIATION**  
**BREAKFAST**

**Friday August 24<sup>th</sup>, 2018 9:30AM**

**Sign-Up In Lobby**

**We thank you all for your service!**

# Socialize · Exercise · Prioritize

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

9-9:45 Geri-Fit  
 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  
 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 Core, Tone & Flex **(Begins 8/7/2018)**  
 1:00 Gentle Yoga **(Begins 8/7/2018)**  
 1p-4p SHIP, One on One Counseling  
**Appt. Req'd (2nd Tuesday)**

## Wednesday

9-9:45 Geri – Fit  
 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)  
 12:00 Bell Chimes Choir Practice  
 12:30 Fun and Fit  
 1:30 Beginner/Intermediate Line Dancing



## Thursday

9:00 Matter of Balance (2hr Class/8 weeks) **(Begins 7/12/2018)**  
 9:00 Qi Gong **(Video in Body Shop)**  
 9:30 Relaxation/Meditation Class  
 9:30 Zumba Gold & DXF w/ Linda Monden-Thomas **(Wendell Community Center)**  
 10:00 Gardening Group  
 1:00 Acrylic Painting Class (3 hr. class)  
 11:00 Spanish Level 1 **(Beginner)** (2hour class)  
 1:30 Spanish Level 4 **(Advanced)** (2hour class)

## Friday

9-9:45 Geri-Fit  
 9:00 Qi Gong **(Video in Body Shop)**  
 9:00 Cards, Dominoes, Pinochle  
 10:15 Bingo

\$ - Fee for class  
 \* - Fee if using center's supplies

### \*Evidenced Based Classes:\*



**Ger-Fit** – Mon., Wed., Fri., July 9<sup>th</sup> to August 31<sup>st</sup>, 2018 from 9:00 am – 9:45 am.  
 Geri-Fit is designed to help with Osteoporosis and Arthritis, focusing on muscle strength, flexibility, balance, and endurance. Sign – Up today!



**Tai Chi for Fall Prevention and Arthritis** – This class is designed to help with arthritis and balance using slow and gentle movements.

July 10<sup>th</sup> – November 20<sup>th</sup>, 2018

### **Advanced class**

Tuesday; 8:30am – 9:30am

### **Beginner Class**

Tuesday; 9:30am – 10:30am

## Special Events

### July 2018 – “Happy Independence Month”

7/4	Wed.	<b>CENTER CLOSED FOR OBSERVANCE OF INDEPENDENCE DAY</b>
7/10	Tues. 10:00 am	<b>Blood Pressure Checks</b> – Casey Baldwin, RFS Pharmacist (Open to Public)
7/10	Tues. 1:00 pm	<b>SHIIP Medicare Counseling</b> - 1:1 counseling to assist with specific questions related to Medicare; <b>Appointment Required</b>
7/11	Wed. 10:30 am	<b>Hospice &amp; Volunteering info</b> – Mary Siva with Amedisys will be here to share information on Hospice and Volunteering. (Light refreshments served)
7/12	Thurs. 9:30 am	<b>Cooking Matters Reunion-Graduates Class.</b> Sign-up Required.
7/13	Fri. 10:30 am	<b>Karaoke Party</b> – Join Jimmy and Brenda Lewis for fun and good music.
7/18	Wed. 10:00 am	<b>Hearing Presentation and Screening</b> – Christie w/Avada Hearing Care will share information on ear health/wellness and conduct screenings.
7/19	Thurs. 9:30 am	<b>Cooking Matters Reunion-Graduates Class.</b> Sign-up Required.
7/19	Thurs. 12:00 pm	<b>Auxiliary Committee Meeting</b> – Must be Auxiliary member to attend.
7/20	Fri. 10:00 am	<b>Dog Days of Summer Cookout-Lots of food, fun, friends &amp; outdoor games.</b> Sign-Up required- <i>*Please bring a covered dish to compliment the Hot Dogs.</i>
7/25	Wed. 10:30 am	<b>Food &amp; You-What’s Aging Got to Do With It</b> - Perry Chappell with Humana, will share information on food and aging. (Light refreshments served)
7/26	Thurs. 9:30 am	<b>Cooking Matters Reunion-Graduates Class.</b> Sign-Up Required
7/27	Fri. 10:45 am	<b>Rockin’ Dickie</b> – Bring your dancing shoes and let’s rock out to a good time.

## Special Events

### August 2018 – “Celebrating Our Volunteers”

8/10	Fri. 10:30 am	<b>Karaoke Party</b> – Join Jimmy and Brenda Lewis for lots of Fun and Good Music.
8/10	Tues. 10:00 am	<b>Blood Pressure Checks</b> - Casey Baldwin, RFS Pharmacist (Open to Public)
8/14	Tues. 1-4 pm	<b>SHIIP Medicare Counseling</b> - 1:1 counseling to assist with specific questions related to Medicare; <b>Appointment Required</b>
8/23	Thur. 9:30 am	<b>Rex Mobile Mammography Event</b> - Call or stop by the center to make your appointment and complete your registration form by Aug. 9 <sup>th</sup> , 2018. Please bring valid I.D. and Insurance Card. Appointment Times: 10:00 am – 2:30 pm
8/23	Thurs. 11:00 am	<b>“The Deep” Self-Management Diabetic Program</b> – Sammy Bailey will share techniques to help manage your diabetes and make better food choices.
8/24	Fri. 9:30 am	<b>Volunteer Appreciation Breakfast</b> -Join us for Breakfast & a chance to celebrate our dedicated volunteers. Sign up in the lobby.
8/19	Tues. 10:30 am	<b>Healthy Brain</b> – Join Perry Chappell from Humana to share techniques to keep your brain healthy.
8/20	Wed. 10:30 am	<b>Elder Abuse</b> – Madeline Masters w/ Legal Aid will share signs of elder abuse and ways to report.
8/24	Fri. 10:45 am	<b>Rockin’ Dickie</b> - Bring your dancing shoes and let’s rock out for a good time.

Heartfelt   
**THANKS**  
 TO OUR VOLUNTEERS!



**\*\*Starting July 12<sup>th</sup>, 2018\*\* 9:00am – 11:00am**

If you have restricted activities because of fear of falling or if you have fallen in the past, this class is for you. Please sign-up today! This class shares ways to improve balance, flexibility and strength. Please call or stop by the office to sign-up. **This is an eight week class.**

**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](http://www.resourcesforseniors.com).

**2018 Summer 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.

**Core, Tone & Flex** – Tuesdays from 12:00 noon – 1:00 pm; August 7<sup>th</sup> – September 11<sup>th</sup>, 2018

**Gentle Yoga** – Tuesdays from 1:00pm – 2:00pm; August 7<sup>th</sup> – September 11<sup>th</sup>, 2018 **(Max. 15 Students)**

**Spanish (Beginner)** – Thursdays from 11:00 am to 1:00 pm; July 5<sup>th</sup>-August 9<sup>th</sup>, 2018 **(Max. 18 Students)**

**Spanish (Advanced)** – Thursdays from 1:30 pm to 3:30 pm; July 5<sup>th</sup>-August 9<sup>th</sup>, 2018 **(Max. 18 Students)**

**Computer 101** – Mon, Tues, Wed; 2:00 pm – 4:30 pm & Fri. 2pm to 4:00pm; July 16<sup>th</sup> – 20<sup>th</sup>, 2018 **(Max. 9 students)**

**Introduction to Microsoft Word** – Mon., Tues., Wed.; 2:00 pm – 4:30 pm & Fri. 2:00pm – 4:00pm; September 10<sup>th</sup> – 14<sup>th</sup>, 2018 **(Max. 9 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.