

March – April 2017

Special Announcements

**Free AARP TAX AID held at
Longview Baptist Church
2308 N. New Hope Road
Raleigh, NC 27604**

January 30th – April 5th, 2017

Appointments available on Mon. &
Wed. 9:30am-3:00pm.

Caregiving Support Group

Sponsored by: Resources for Seniors and East
Wake Senior Center

Held 2nd Wed. each Month at The Wendell
Comm. Center; 601 W. Third Street, Wendell, NC.
Contact center for more information

****AARP Driver Safety Class****

Thurs. March 23 from 12pm—4:00pm;

Learn researched based safety and defensive
driving strategies. Sign-up today!

\$15-AARP Members and \$20-Non-Members.

(Fee paid to instructor day of 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. To make a contribution or for more information go to www.resourcesforseniors.com.

Special Announcements

INFORMATION; ASSISTANCE; REFERRALS

1:1 Counseling w/ *Susan McGuire*

ON-SITE SERVICE COORDINATOR

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

March 8th & 15th and April 12th & 19th

Information provided on eligibility, procedures, and
contacts for older adults and persons with
disabilities in Wake County.

St. Patty's Day Party

Bring a covered Dish to Share!

***Friday March, 17th, 2017 at 10:15 am – Until
Join us for lots of good music, lots of fun and
games. Don't forget to wear your green!***



Evidenced Based Classes:

Call 919-365-4248 for more information

Fit and Strong: March 6—April 28
Mon, Wed, & Fri—8:30am—10:00am

Living Healthy w/Chronic Conditions
Tues.; Mar. 21—April 25; 9am—11:30am

Tai Chi for Arthritis and Fall Prevention

Tues. March 7—May 2, 2017
Advanced Tai Chi—8:30am—9:15am
Beginner Tai Chi—9:25am—10:10am

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 (call to see when available)
8:00 - 5:00 Cards, Corn Hole, Piano and other games

Monday

- 8:30 Fit and Strong (1-1/2 hour) **"NEW"**
9:30 Cards, Dominoes, Pinochle
10:00 Quilting / Sewing Group
10:15 Bingo
1:00 Low Impact Aerobics / Strengthening
2:00 Beginner Line Dance

Tuesday

- 8:30 Tai Chi for Fall Prevention & Arthritis
(Advanced)
9:25 Tai Chi for Fall Prevention & Arthritis
(Beginner)
9:00 Living Healthy w/ Chronic Diseases
(Begins 3/21—4/25)
9:30 Cards, Dominoes, Yahtzee
9:30 Ceramics Class **(Time Change—9:30 to 1:30pm) ***
10:30 Seminar/Program (see Special Events)
1:00 Spa Yoga **"NEW"**
(Begins 3/21— Must attend 1st class)
1p-4p SHIP, One on One Counseling
Appt. Req'd (2nd Tues.)
2:00 Computer Class—Basics **"NEW"**
(Begins 3/7—3/24)
2:30 EWSC House Band

Wednesday

- 8:30 Fit and Strong (1-1/2 hour) **"NEW"**
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)
1:00 Aerobics
2:00 Beginner/Intermediate Line Dance

Thursday

- 9:00 Bandercise
9:30 Relaxation/Meditation Class w/ Patsy
9:30 Cards, Dominoes, Yahtzee
10:00 Choir Practice (Call office for start date)
10:00 Gardening Group
1:00 Acrylic Painting Class (3 hr. class)

Friday

- 8:30 Fit and Strong (1-1/2 hour) **"NEW"**
9:00 Chi Gong **(Body Shop)**
9:00 Cards, Dominoes, Pinochle
10:15 Bingo
10:45 Bell Chimes Choir
2:00 Computer Class—Basics **"NEW"**
(Begins 3/7—3/24)

Fee Structure:

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

Sponsored by:
Eastern Wake Senior Center and
Food Bank of Eastern NC

Join us for our "YAM JAM"
Thursday, March 16th, 2017
9:30 am - Until ALL Gone

Tell your family, friends, church members or
anyone that will benefit from this wonderful
event. We are trying to bring the Community
Together One Yam at a Time.

(Only 2 bags per Person)
This event is **OPEN TO THE PUBLIC**

CLOSINGS:

Friday, April 14, 2017
In Observance of Good Friday

Special Events

March 2017

- 3/1 Wed. 10:30 am **Legal Aid of NC** - Nadeline Masters will discuss Elder Abuse. Come learn when and what to report.
- 3/7 Tues. 8:30 am **Tai Chi Fall Prevention and Arthritis** - Advances Level; 8:30-9:15 and Beginners
Level 9:25-10:10. Beginners must arrive at 8:30 to 1st class and last class for Pre & Post balance assessment.
- 3/7 Tues. 10:30 am **CapTel - Captioning Telephone Service** –Join Libby Cavines as she shares how To receive a FREE phone.
- 3/8 Wed. 8:30 am **RFS, Senior Care Coordinator** - Susan McGuire will assist older adults and Disabled adults with services and programs that may be available to them.
(Mar. 8 & 15 Appt. Required.)
- 3/8 Wed. 10:30 am **NC Services for Deaf and Hard of Hearing** - Kaye Satterwhite will be here to discuss hearing care and hearing loss.
- 3/10 Fri. 10:30 am **Karaoke Party** - Join Jimmy and Brenda Lewis for lots of good music, fun and Fellowship. Bring your partner and lets have a good time.
- 3/14 Tues. 10:00 am **Blood Pressure Checks** - Casey Baldwin, RFS Pharmacist
- 3/14 Tues. 1-4 pm **SHIP Medicare Counseling**-with Larry Bradbury; sign up in office
- 3/15 Wed. 10:30 am **Bed Bugs and Roaches** - Nanette Rota w/Terminix Commercial will be here to share myths and treatment for bed bugs and roaches.
- 3/16 Thurs. 1-4 pm **Triangle Family Services - 1:1 financial counseling with Joe Paradise.**
(Counseling services to assist with money needs, social security, estate planning, and applying for senior discount programs) Sign up today!
- 3/17 Fri. 10:15 am **St. Patty's Day Party** – Wear your green and bring a covered dish to share. Join us for good music and fun games.
- 3/21 Tues. 9-11:30 am **Living Healthy w/Chronic Conditions** – This is an evidence-based self-management program designed to help your chronic illnesses such as diabetes, pain and more. **Classes held at Wendell Comm. Center;** call to sign up.
- 3/22 Wed. 10:30 am **5 Wishes Program** – Join Amedysis Hospice Organization to obtain a simple way for you and your family to make plans for end of life care.
- 3/23 Thurs. noon-4 pm **AARP Driver Safety Class** – Mr. Lynroy Thomas will explain the changes and new laws to help with your safety. Light refreshments will be served. **\$15-AARP members and \$20 non-members.** (Pay to instructor the day of class.)
- 3/29 Wed. 10:00 am **Medicare and Long-Term Care** – Mr. Hans Schail with Cardinal Retirement will help in understanding and knowing how Medicare works.
- 3/31 Fri. 10:45 am **Rockin' Dickie** – Join us for some good music and great fun.

Special Events

April 2017

4/5	Wed. 10:30 am	VA Benefits and Information – Join Mr. David Cole with Senior Veterans Council for an overview of available VA benefits such as VA Pension Aide.
4/11	Tues. 10:00 am	Blood Pressure Checks - Casey Baldwin, RFS Pharmacist
4/11	Tues. 1-4 pm	SHIP Medicare Counseling -with Larry Bradbury; sign up in office.
4/12	Wed 8:30 am	RFS, Senior Care Coordinator - Susan McGuire will assist older adults and disabled adults with services and programs that may be available to them. (Apr. 12 & 19 Appt. Required.)
4/19	Wed. 10:30	Protect yourself against SCAMS – Perry Chappell w/Humana will share ways to protect yourself.
4/20	Thurs. 12noon	Auxiliary Board Meeting – Auxiliary members only
4/26	Wed. 10:30 am	Blood Pressure Seminar and Screenings – Mrs. Hattie Davis with Gracie Sturdivant Care Home will share what it is and the right care. BP screenings will follow presentation from 11:00 am-12noon; call or stop by to sign up.
4/28	Fri. 10:45 am	Rockin' Dickie – Join us for some good music and great fun.

FREE Wake Tech Classes at Eastern Wake Senior Center 2017 Spring Classes

Introduction to Computers w/ Jerry Glenn – March 7th – 24th, 2017 on Each Tuesday and Friday from 2:00 pm – 4:00 pm. (Max. 10 Students) *

Spa Yoga w/ Brenda Schnable –March 21st – April 25th, 2017 on each Tuesday from 1:00 pm – 2:00 pm. (Max. 14 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 receive a certificate upon completion of each Wake Tech class