

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



From the Heart of the Senior Center

Advocacy Event

March 15, 2019 9am at Eastern Wake Senior Center

Join with Senior Centers across the State

Write letters and create flyers to send to our state
representatives asking them to Increase Senior Center Funding

Please call 919-365-4248 to register or just show up.

All materials will be provided.

****Closings****

Friday, April 19, 2019 for Good Friday



APPOINTMENT REQUIRED

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

Appointments available 1 pm to 4 pm
--March 12th and April 9th--

Senior Scam Jam Event

Learn about 21st Century scam threats, preventions and solutions!



April 23, 2019 8:30am-12pm

Held at Wendell Community Center

Free of charge; Breakfast served; Q& A Session Attendance for
All or Part of Workshop Welcome

INFORMATION · ASSISTANCE · REFERRALS

Individual Counseling

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

March 13th and March 20th 9am-1 pm

April 10th and April 17th 9am-1 pm

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 Wednesdays of each month.

In Partnership with:

Triangle Family Service – Resources for Senior
Wendell Community Center – Town of Wendell
Waltonwood – Bank of America – and More!

Register at www.tfsnc.org/events by April 16th

Guest speakers include Mayor Gray, Secretary of State Elaine
Marshall, Virginia Parker from Bank of America, High Harris from NC
Dept. of Justice, Alice Lutz and Kendra Irvin from Triangle Family
Services and many others.

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	Cards, Corn Hole, 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	Qi Gong <i>(Video in Body Shop)</i>
9:30	Cards, Dominoes, Yahtzee
9:30	Ceramics Class <i>(*)</i>
10:00	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>(TBD)</i>

Wednesdays

9-9:45	Geri-Fit
9:00	Qi Gong <i>(Video in Body Shop)</i>
9:30	Caregiver Support Group <i>(1.5 hrs.)</i> <i>(Wendell Comm. Center)</i>
9:30	Cards, Dominoes, Pinochle
10:00	Quilting / Sewing Group
10:00	Knitting/Crocheting
10:00	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
11:00	Spanish Level 1 <i>(Advance) (\$)</i>
1:00	Acrylic Painting Class <i>(2 hr. class)</i>
1:30	Spanish Level 2 <i>(Beginner) (\$)</i>

Fridays

9:00	Tone and Sweat
9:00	Qi Gong <i>(Video in Body Shop)</i>
9:00	Cards, Dominoes, Pinochle
10:15	Bingo
10:30	Bell Chimes <i>(1st and 3rd)</i>
12:00	Intro. to Line Dance

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 7, 2019 – April 3, 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 8, 2019 – May 21, 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 Spring Classes

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

–Muscle Yoga–

Tuesdays 12:00pm – 1:00pm

February 26 – April 9, 2019 (Cost: \$15)

–Gentle Yoga–

Tuesdays 1:00pm – 2:00pm; Max 15 students

February 26 – April 9, 2019 (Cost: \$15)

–Spanish (Advance 1) –

Thursdays 11:00am - 1:00pm; Max 18 students

March 21 – April 25, 2019 (Cost: \$30)

–Spanish (Beginner 2) –

Thursdays 1:30pm – 3:30pm; Max 18 students

March 21 – April 25, 2019 (Cost: \$30)

IMPORTANT NOTES ABOUT WAKE TECH CLASSES:

- **These are college classes.** Instructors are paid by Wake Tech to teach for a fee to the students. **It is important that all students be committed to attending every session of every class.** If you miss more than one session you might not be considered for another course. Without regular attendance, Wake Tech may discontinue offering these classes for EWSC.
- **Students must attend the first day of class.** No exceptions.
- **Arrive no later than scheduled start time.** Latecomers will be considered absent and not allowed to enter the classroom.
- All students will receive a certificate upon completion of each Wake Tech class.

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

March 2019 SPECIAL EVENTS

Date	Day of the week	Time	Event/Description
3/6	Wednesday		National Oreo Day
3/6	Wednesday	10:00am	Important Legal Documents- Rick Messemer from Hutson Law Firm will share what legal documents all seniors should have.
3/7	Thursday	9:30am	Bingo- Patricia Leak from Lincoln Heritage will be sponsoring bingo.
3/8	Friday	10:30am	Karaoke Party- Join Jimmy and Brenda Lewis for fun and good music.
3/11	Monday	10:00am	Advance Directives- Ashleigh Abercrombie from Heart and Hospice Care will share information about advance directives.
3/12	Tuesday	10:00am	Blood Pressure Checks- Casey Baldwin, RFS Pharmacist (Open to Public)
3/12	Tuesday	1pm-4pm	SHIIP Medicare Counseling- 1:1 counseling to assist with specific questions related to Medicare. Appointment Required.
3/13	Wednesday	10:00am	Universal Designs- Jennie Griggs from RFS will share information on how to adapt or build your home.
3/15	Friday	9:00am	Advocacy Event- Join with Senior Centers across the State to write letters and create flyers to send to our state representatives asking them to Increase Senior Center Funding.
3/22	Friday	10:30am	Rockin' Dickie- Bring your dancing shoes and lets rock out to good music and have a great time.
3/27	Wednesday	10:00am	Good nutrition and hydration for seniors- Marla Matthews from Amedisys will share about nutrition and how to stay hydrated as a senior.

April 2019 SPECIAL EVENTS

Date	Day of the week	Time	Event/Description
4/3	Wednesday	10:00am	Home Health Care Overview- Angela Luffin will share information about home health care and what it means.
4/5	Friday	9:00am	Fall Prevention- George Ramos from Access Health will share information about how to prevent falls and what you should do if you fall.
4/9	Tuesday	10:00am	Blood Pressure Checks- Casey Baldwin, RFS Pharmacist (Open to Public)
4/9	Tuesday	1pm-4pm	SHIIP Medicare Counseling- 1:1 counseling to assist with specific questions related to Medicare. Appointment Required.
4/10	Wednesday	10:30am	Service Coordinator Information- Heather Arcuri from RFS will share what resources are available for seniors provided by Resources for Seniors.
4/12	Friday	10:30am	Karaoke Party- Join Jimmy and Brenda Lewis for fun and good music.
4/18	Thursday	9:30am	Medicare 101- Gary Knutson will share information about what Medicare is and the important facts about Medicare.
4/19	Friday		CENTER CLOSED FOR GOOD FRIDAY
4/23	Tuesday	8:30am-12pm	Scam Jam – Join EWSC at the Wendell Community Center to learn about 21 st Century scam threats, prevention and solutions sponsored by Triangle Family Services.
4/26	Friday	10:30am	Rockin' Dickie- Bring your dancing shoes and lets rock out to good music and have a great time.
4/29	Monday	10:30	Fire Dept. Presentation- Captain Greg Bryant from Wendell Fire Department will share information about the fire department and what they do.

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