

SPECIAL ANNOUNCEMENTS

The Senior Center and Meals on Wheels
will be **CLOSED**:

April 10th for Good Friday



Foster Grandparents Program

March 25th, 10:30 am

If you are 55 or older and want to share your
time, compassion and experience with children,
then you may have what it takes to be a
Foster Grandparent.

Presentation by Tanya Barrett

Individual Counseling with Heather Arcuri

Information · Assistance · Referrals

March 11th & 18th, 9:00 am – 1:00 pm
April 8th & 15th, 9:00 am – 1:00 pm

One-on-one counseling on eligibility, procedures,
and contacts for older adults and
adults with disabilities.



Resources for Seniors desires to provide access to all programs for all people. If you would like to attend a class or program that has a fee that you are not able to pay, you may request an application for financial assistance; scholarships are available on a limited "needs-based" basis and may not cover all class offerings. Staff will meet with you to determine eligibility.

AARP Tax Service



March 2nd – April 15th

Call the Senior Center
to schedule.



Driver Safety Course

March 5th, 12:30 pm to 4:30 pm

4-hour Classroom Course

AARP members: \$15; Non-members: \$20

Call the Senior Center to register.

Caregiver Support Group



2nd Wednesday of each month,
9:30 am -11:00 am

Are you the primary caregiver for a loved one,
family member, or friend? Are you looking for
support and ways to enhance your caregiving?

Join others in a supportive environment
to manage the challenges of caregiving.

Sponsored by Heartland Hospice
and Resources for Seniors.

WEEKLY SCHEDULE

Socialize • Exercise • Prioritize

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

DROP-IN ACTIVITIES (Closed during scheduled classes)		WEDNESDAYS	
8-5	Craft Room & Community Outreach	9:00	Geri-Fit (45 min.)
8-5	Body Shop Fitness Room	9:00	Qi Gong (Video in Body Shop)
8-5	Computer Lab (when available)	9:30	Caregiver Support Group (3/11& 4/8)
8-5	Cards, Corn Hole, Piano, and more	9:30	Performing Line Dance Practice
MONDAYS		9:30	Cards, Dominoes, Pinochle
9:00	Geri-Fit (45 min.)	10:00	Quilting / Sewing Group
9:00	Qi Gong (Video in Body Shop)	10:00	Knitting / Crocheting
9:30	Cards, Dominoes, Pinochle	10:00	Seminar / Program (see page 4)
10:00	Quilting / Sewing Group	12:30	Fun and Fit
10:00	Seminar / Program (see page 4)	1:30	Beginner/Intermediate Line Dancing
10:00	Book Club Group (3/2 & 4/6)	THURSDAYS	
10:15	Bingo	9:00	Qi Gong (Video in Body Shop)
12:30	Fun and Fit	9:30	Relaxation / Meditation Class
1:30	Beginner Line Dancing	9:30	Zumba Gold & DXF w/ Linda Monden-Thomas (Wendell Community Center)
TUESDAYS		9:30	Spanish Beginning (\$) (2 hrs.)
8:30	Tai Chi (Advanced)	10:00	Gardening Group
9:30	Tai Chi (Intermediate)	10:00	Choir Practice
9:30	Qi Gong (Video in Body Shop)	12:00	Spanish Conversation (\$) (2 hrs.)
9:30	Cards, Dominoes, Yahtzee	1:00	Acrylic Painting (2 hrs.)
9:30	Ceramics Class (*)	FRIDAYS	
10:30	Tai Chi (Beginner)	9:00	Tone and Sweat
12:00	Muscle Yoga (\$)	9:00	Qi Gong (Video in Body Shop)
1:00	Chakra Yoga (\$)	9:00	Cards, Dominoes, Pinochle
1-3	SHIIP One-on-One Counseling (appointment req'd)	10:15	Bingo
2:30	Tap Dance Class (Wendell Community Center)	10:30	Bell Chimes (1st & 3rd Fri.)
		12:00	Beginner Jewelry Class (*)
		1:00	Intermediate Jewelry Class (*)

FEE STRUCTURE

- Classes are free unless marked by **(\$)**.
- Classes with fees are marked by **(*)**.
- Donations are always accepted for ongoing program support.

NOTES

- **Evidence-Based Classes** are on page 3.
- There may be times that we need to move or cancel a class. We will make every effort to inform you in advance.

EVIDENCE-BASED CLASSES

Registration is required for these classes.

Call soon to register, space is limited! 919-365-4248.

Walk with Ease

Arthritis Foundation Walk with Ease is an evidence-based program that has been proven to help people with Arthritis or other related conditions reduce pain, increase balance, strength and walking pace, and improve overall health.

April 21st - May 28th

Tues. 1:00 pm, Wed. 10:30 am, Thurs. 10:30 am

Tai Chi for Arthritis and Fall Prevention

Slow and gentle movements proven to reduce the risk of falling and to improve overall health and well-being. Designed to help with arthritis and balance.



Tuesdays

March 3rd - July 14th

Beginner Class: 10:30 am - 11:30 am

Intermediate Class: 9:30 am - 10:30 am

Advanced Class: 8:30 am - 9:30 am

EVIDENCE-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, and local funds, plus consumer contributions. We understand that not all participants are able to contribute. You are under no obligation to contribute; **it is entirely voluntary**. Your continued participation in 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.

Wake Tech Classes

Held at EWSC

2020 Winter Classes

Muscle Yoga

Tuesdays, 12:00 pm - 1:00 pm

Max. 15 students

Feb. 25th - March 31st

Cost: \$15

Chakra Yoga

Tuesdays, 1:00 pm - 2:00 pm

Max. 15 students

Feb. 25th - March 31st

Cost: \$15

Spanish Beginner Class

Thursdays, 9:30 - 11:30 am

Max. 18 students (min. 10)

April 16th - May 21st

Cost: \$30

Spanish Conversation Class

Thursdays, 12:00 pm - 2:00 pm

Max. 18 students (min. 10)

April 16th - June 4th

Cost: \$30

IMPORTANT NOTES ABOUT WAKE TECH CLASSES:

- Must be age 55+ to attend.
- Please see costs listed above.
- **These are college classes.** Instructors are paid by Wake Tech to teach for a fee to the students. It is important that students be committed to attending every session of every class. Without regular attendance, Wake Tech may discontinue offering these classes for EWSC.
- **Students must attend the first day of class.** No exceptions.

March 2020 SPECIAL EVENTS

3/2	Mon.	10:30 am	Book Club Meeting to discuss <u>Before We Were Yours</u>
3/3	Tues.	1:30 pm	New Beginner Crochet Class. Project: Scarf (*).
3/4	Wed.	10:00 am	Live Music: Sing with Jacqueline and Kimberly, Heartland Hospice.
3/5	Thurs.	12:30 pm	AARP Driver Safety Course , Lynroy Thomas. Sign-up required.
3/9	Mon.	10:45 am	Census 2020 —follow up and information with Bryan Coates.
3/10	Tues.	10:00 am	Blood Pressure Checks with Casey Baldwin, RFS Pharmacist. Open to the public.
3/11	Wed.	10:00 am	Learn about hemp farming with Dave Palmer, MIH Hemp Farm
3/12	Thurs.	10:00 am	Diabetes Presentation with Casey Baldwin, RFS Pharmacist.
3/18	Wed.	10:00 am	Volunteer with 3HC Hospice presented by Shasta Gandy
3/20	Fri.	9:00 am	Movie & Popcorn Day
3/25	Wed.	10:30 am	Presentation— Foster Grandparent Program with Tanya Barrett
3/26	Thurs.	8 am -1pm	Heart & Vascular Screening. REX Mobile Unit. Sign-up required.
3/27	Fri.	10:30 am	Rockin' Dickie: Live music, singing and dancing.
3/30	Mon.	10:00 am	Alzheimer's Education Program 'Healthy Living for your Brain and Body by Stacy Ahua, Alzheimer's Association.

Daylight Savings Time Change (Spring Forward!) -- March 8th
First Day of Spring! -- March 19th

April 2020 SPECIAL EVENTS

4/1	Wed.	9:30 am	Learn to improve air quality presented by Melissa Kennedy .
4/6	Mon.	10 am	Estate Counseling presentation by Rick Messemer.
4/8	Wed.	8:30 am	Mammography Screening with Rex Mobile Unit.
4/9	Thurs.	9:30 am	Presentation by Sharice Potts with INTERACT , an agency that provides safety, support and awareness for victims and survivors of domestic violence and sexual assault.
4/10	Fri.	Closed	Senior Center CLOSED for Good Friday.
4/15	Wed.	10:00 am	Massage Therapy with Heartland Hospice. Five-minute chair massage to promote general relaxation. Sign-up required.
4/17	Fri.	12:00 pm	Beginner Jewelry Class: Rosary Link Chain. \$4 fee.
4/17	Fri.	1:00 pm	Intermediate Jewelry Class: Wire Wrapping Stones. \$4 fee.
4/17	Fri.	9:00 am	Movie & Popcorn Day
4/20	Mon.	10:00 am	Presentation by Blake Koeneka about Automotive Care.
4/29	Wed.	10:00 am	Learn about Integrative Nutrition with Trecia Debnam, Health Coach.