

OLDER
AMERICANS
MONTH



AGE OUT LOUD: MAY 2017

Special Announcements

CLOSINGS:

Monday, May 29th, 2017
In Observance of Memorial Day



Caregiving Support Group

**Sponsored by: Resources for Seniors and
East Wake Senior Center**

2nd Wed. each month at Wendell Comm.
Center; 601 W. Third Street, Wendell, NC.
Call 919-365-4248 for information.

COMING IN JULY 2017



Eastern Wake Senior Center
2nd Annual Fish Fry Fundraiser

Saturday July 8th, 2017
Eat In / Takeout – 11am to 2pm
Address: 323 Lake Drive, Wendell, NC 27591

Come Early – Sales End Promptly at 2pm!
All Proceeds go to support programs and services
offered at the Senior Center.

Thanks for All 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
May 10 & 17 and June 14 & 21, 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.



***Class Begins**

Thursday, April 20th, 2017

10:00am – 11:00am

Classes held at Wendell Community Center; 601 W.
Third St., **Call 919-365-4248 to sign up**

****EXERCISE IN DISGUISE****

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 (1-1/2 hour)
- 9:30 Cards, Dominoes, Pinochle
- 10:00 Quilting / Sewing Group
- 10:15 Bingo
- 1:30 Beginner Line Dance
- 2:00 Geri – Fit (Muscle Strength, Toning)

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
- 9:30 Cards, Dominoes, Yahtzee
- 9:30 Ceramics Class
- 10:30 Seminar/Program (see Special Events)
- 1:00 Qi-Infused Yoga **“NEW”**
- 1p-4p SHIP, One on One Counseling
Appt. Req'd (2nd Tues.)
- 2:30 EWSC House Band

Wednesday

- 8:30 Fit and Strong (1-1/2 hour)
- 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)
- 1:30 Beginner/Intermediate Line Dance
- 2:30 Geri-Fit (Muscle Strength, Toning)

Thursday

- 9:00 Bandercise
- 9:30 Relaxation/Meditation Class w/ Patsy
- 10:00 Zumba Gold & DXF w/ Linda Monden-Thomas
- 11:00 Gardening Group **(Subject to Change)**
- 1:00 Acrylic Painting Class (3 hr. class)

Friday

- 8:30 Fit and Strong (1-1/2 hour)
- 9:00 Chi Gong **(Body Shop)**

- 9:00 Cards, Dominoes, Pinochle
- 10:15 Bingo
- 10:45 Bell Chimes Choir
- 2:30 Geri-Fit (Muscle Strength, Toning)

\$ - Fee for class

* - Fee if using center's supplies

Evidenced Based Classes:



Ger-Fit - Every Mon, Wed, and Fri., April 10th – June 30, 2017 from 2:30 pm – 3:15 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; May 1st – June 23rd, Mon, Wed, & Fri—8:30am—10:00am, Call 919-365-4248 to get signed up! Make a commitment to good health!



Tai Chi for Fall Prevention and Arthritis –_This class is designed to help with arthritis using slow and gentle movements. Beginning May 9th – June 27th, 2017
Advanced class – 8:15 am – 9:15 am
Beginner Class – 9:15 am – 10:15 am

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

Special Events

May 2017

- 5/4 Thurs. 11-1pm **Spanish I & II** – Beginner Level 11:00am – 1:00pm and Advanced Level 1:30pm – 3:30pm. Please stop by the center to sign up and complete paperwork. You *Must attend the First Day of Class and ALL Classes thereafter.*
- 5/9 Tues. 8:15 am **Tai Chi Fall Prevention and Arthritis - Advanced Level 8:15-9:15 and Beginner Level 9:15-10:15.** Each class needs to arrive 15 minutes early on the first day to complete your Pre-Assessment Survey. **Sign-up Today!**
- 5/9 Tues. 10:00 am **Blood Pressure Checks** - Casey Baldwin, RFS Pharmacist
- 5/9 Tues. 10:30 am **Dental Hygiene** – Mrs. Jessica Issa with Dental Center at Zebulon will be here to discuss Dental Health and Hygiene.
- 5/9 Tues. 1-4 pm **SHIP Medicare Counseling**-with Larry Bradbury – 1:1 counseling to assist with specific questions related to Medicare; **Appointment Required**
- 5/12 Fri. 10:30 am **Karaoke Party** – Join Jimmy and Brenda Lewis for lots of fun and good music.
- 5/11 Thurs. 9:30-10 am **Expressions of Worship** – Ginger & Christy will Demonstrate Praise Dance.
- 5/15 Mon. 12-2 pm **Volunteer Raleigh Recognition Banquet** –Hosted by the City of Raleigh; Held at McKimmons Center located 1101 Gorman St. Raleigh, NC – **Invite Required**
- 5/17 Wed. 10:30 am **Safety in the Home** - Chief Emerson, Wendell Fire Dept.; Join us for Mock Fire drill.
- 5/18 Thurs. 8:30-12pm **SCAM JAM** – at The Renaissance Center of Wake Forest – Hosted by Resources for Seniors, NW Senior Center, Triangle Family Service and Town of Wake Forest. You **MUST** register to attend. Call for more Info **Space Limited!**
- 5/19 Fri. 10am - 2pm **FAMILY FUN DAY at THE PARK** – Wendell Community Center – 601 W. Third Street. You **MUST** be a Registered Member of EWSC in order to attend. each Registered Member can bring 2 guests. Each guest **MUST** have a ticket to enter the event. Stop by to RSVP and get your entry tickets
ALL CLASSES CANCELLED.
- 5/24 Wed. 10:30 am **Safety Tips for Seniors** – Captain Sallinger with Wendell Police department will share ways to stay safe in your home.
- 5/25 Thurs. 11:00 am **Rockin Dickie** – Join us for some good music and lots of fun!
- 5/26 Fri. 10:30 am **Memorial Day Celebration** – We will honor and remember our fallen soldiers. Please bring memorabilia to share about a fallen hero in your family. Please limit to 2-3 minutes per person. Sign up to participate in the program. E.W. Strutters will perform to help honor our loved ones.

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.

Special Events

June 2017

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|------|------------------|--|
| 6/7 | Wed. 10:00-11:00 | Volunteer Recruitment – Anna Perry with Amedysis will share volunteer opportunities available within the community. |
| 6/9 | Fri. 10:30 am | Karaoke Party – Join Jimmy and Brenda Lewis for lots of fun and good music. |
| 6/13 | Tues. 10:00 am | Blood Pressure Checks - Casey Baldwin, RFS Pharmacist; (Open to Public) |
| 6/13 | Tues. 10:30 am | The Skinny on Fat – Perry Chappell from Humana will discuss the advantages and disadvantages of Fat in your diet. Light refreshments will be served |
| 6/13 | Tues. 1-4 pm | SHIP Medicare Counseling -with Larry Bradbury; 1:1 counseling to assist with specific questions related to Medicare; Appointment Required |
| 6/14 | Wed. 10:30 am | Nutrition and Budget Friendly Snacks – Join Kimberly Opsal with Wellington Nursing and Rehab as she shares samples of nutritious snacks on a budget. |
| 6/30 | Fri. 10:30 am | Dog Days of Summer Party – Annual Cookout ; Join us and Rockin Dickie as he provides good music and lots of fun and dancing. Hotdogs will be provided! Please sign up to bring a Dish to share that will complement the hot dogs. |

Resources for Seniors Mission:

Resources for Seniors serves senior and disabled adults in Wake County, NC, by providing home- and community-based services and information so that they can maximize their choices for independence, comfort, safety, security and well-being. We provide information and support for decision-making and also direct services such as home care, adult day care, senior centers, home repair, and more. We are committed to excellence in service and care for individuals and their families.

East Wake Senior Center Purpose Statement:

East Wake Senior Center's Purpose is to fulfill the Resources for Seniors mission of informed choices for maximum independence by offering counseling and support, health and wellness programs, and activities for all abilities that help older adults in the Eastern Wake area of the County. We are committed to excellence in service and care for our participants and their families.

Congratulations to East Wake Senior Band for winning 1st Place in 2017 Senior Games.



****Congratulations to ALL that Participated****

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

Introduction to Computers w/Jerry Glenn – May 1, 2, 3 and 5, 2017 from 2:00 pm – 5:00 pm. (Max. 10 Students)

Computer 101 w/ Jerry Glenn – June 5, 6, 7, and 9, 2017 from 2:00 pm – 4:30 pm (Max. 10 Students)

Qi-Infused Yoga w/ Brenda Schnable – May 9 – June 13, 2017 on each Tuesday from 1:00pm – 2:00pm. (Max. 15 Students)

Spa Yoga w/ Brenda Schnable – June 20 – August 1, 2017 - each Tuesday 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.



Senior citizens are most likely to have a nest egg, to own their home, and/or to have excellent credit - all of which make them attractive to con artists.
 - Federal Bureau of Investigation



We Cordially Invite You to Attend a Special Program

Seniors at Risk: 21st Century Scam Threats, Prevention and Solutions

Featured Presenters

- Elaine Marshall, NC Secretary of State
- Stephanie Bias, NC Dept. of Insurance
- John Maron, NC Dept. of the Secretary of State
- Josh Stein, NC Attorney General
- Natalie Wood Riche, NC Dept. of Justice



Learn From the Experts State-of-the-Art Ways to Protect Your Clients, Loved Ones or Yourself from Financial, Technology and Other Fraud Impacting Older Americans

Thursday, May 18, 2017 | 8:30 am-noon
Wake Forest Renaissance Centre | 405 Brooks Street, Wake Forest, NC 27587

Free-of-Charge, Breakfast Served | Guests Welcome
 Attendance for All or Part of Workshop Welcome | Q&A Session

Topics Include

Healthcare Fraud, Investment, Internet and Marketing Scams, Pyramid and Ponzi Schemes, Sweepstakes and Lottery Scams, Emotional/Personal Manipulation and Q&A

Register at www.tfsnc.org/events by **May 12th**
Questions? mbuice@tfsnc.org



Financial scams targeting seniors have become so prevalent that they're now considered 'the crime of the 21st century.' - National Council on Aging

Sponsored by Triangle Family Services www.tfsnc.org
 in partnership with Bank of America, AARP and Resources for Seniors

