

www.resourcesforseniors.com

Caregiver Support Group

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

2nd 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



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

APPOINTMENTS REQUIRED:

Medicare Counselors available for 1:1
Appointments. Call the center today.
May 15th and June 12th, 2018

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



like us

@RFSEasternWakeSeniorCenter

****CLOSED****

**Monday, May 28th, 2018
In Observance of Memorial Day**

Drop- in activities – (Closed during scheduled classes)

Individual Counseling

INFORMATION; ASSISTANCE; REFERRALS

ON-SITE SERVICE COORDINATOR
2nd & 3rd Wed. each month 8:30am-4:00pm
May 9th & 16th and June 13th & 20th

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



**Friday May 4th, 2018
10:00 AM to 2:00 PM**

Please RSVP by Monday April 30th, 2018

YOU MUST BE a Registered and Active Member of
the Eastern Wake Senior Center in order to attend.

Each member can invite **TWO GUESTS**. Each Guest
MUST have a ticket for entry.

This Event will be held:

**The Wendell Community Center
Located: 601 W. Third Street
Wendell, NC 27591**

Please call (919)-365-4248 with any questions



June 23, 2018

Five Points Center for Active Adults
2000 Noble Road, Raleigh, NC 27608
11:00 AM to 4:00 PM

Exhibitors, educational sessions, and numerous
exciting activities

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 6/5/2018)**
 1:00 Gentle Yoga **(Begins 6/5/2018)**
 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)
 12:30 Fun and Fit
 1:30 Beginner/Intermediate Line Dancing
 2:30 Chair Yoga w/Camille

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

Friday

9-9:45 Geri-Fit
 9:00 Qi Gong **(Video in Body Shop)**
 9:00 Cards, Dominoes, Pinochle
 10:15 Bingo
 10:45 Bell Chimes Choir
 12:00 Core, Tone & Flex **(Begins 6/8/2018)**
 1:00 Chakra Yoga **(Begins 6/8/2018)**

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

Evidence Based Classes:



Geri-Fit – Mon., Wed., Fri., April 30th – June 22nd, 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 using slow and gentle movements. Feb 6th – June 19th, 2018

Advanced class

Tuesday; 8:30am – 9:30am

Beginner Class

Tuesday; 9:30am – 10:30am



Thursday

Special Events

May 2018 – “Older Americans Month”

- | | | |
|------|-----------------|--|
| 5/4 | Fri. 10am – 2pm | Family Fun Day – You <u>MUST</u> be a Registered and Active Member of the Eastern Wake Senior Center. Each Member can invite Two Guests and each Guest <u>MUST</u> have a ticket. Please call for more information. |
| 5/8 | Tues. 10:00 am | Blood Pressure Checks – Casey Baldwin, RFS Pharmacist(Open to Public) |
| 5/9 | Wed. 10:30 am | Opioid Abuse Among Seniors – Casey Baldwin, Pharmacist will be here to share information about Opioid abuse. |
| 5/11 | Fri. 10:30 am | Karaoke Party – Join Jimmy and Brenda Lewis for fun and good music. |
| 5/15 | Tues. 1-4 pm | SHIIP Medicare Counseling – with Larry Bradbury – 1:1 counseling to assist with specific questions related to Medicare; Appointment Required |
| 5/16 | Wed. 10:30 am | Senior Living Options – Paige VanLenten with Always Best Care will share available living options for seniors in the area. (Light refreshments served) |
| 5/18 | Fri. 10:30 am | Remembering Our Soldiers – Please join us as we remember our fallen and celebrate their life. Performances by The Golden Voices and The East Wake Strutters. (Light refreshments will be served) |
| 5/23 | Wed. 10:30 am | Wellness Presentation – Kimberly w/ Sunnybrook will share wellness tips. |
| 5/25 | Fri. 10:45 am | Rockin Dickie – Bring your dancing shoes and let’s rock out to a good time. |

Special Events

June 2018 – “Let’s Celebrate Summertime”

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|------|----------------|--|
| 6/6 | Wed. 10:00 am | Hearing Presentation and Screening – Christie w/Aveda Hearing Care will share information on ear health/wellness and conduct screenings.
Sign-up is Required for Hearing Screening. |
| 6/8 | Fri. 10:30 am | Karaoke Party – Join Jimmy and Brenda Lewis for fun and good music. |
| 6/12 | Tues. 10:00 am | Blood Pressure Checks - Casey Baldwin, RFS Pharmacist (Open to Public) |
| 6/12 | Tues. 1-4 pm | SHIIP Medicare Counseling -with Larry Bradbury; 1:1 counseling to assist with specific questions related to Medicare; Appointment Required |
| 6/13 | Wed. 10:30 am | Gentle Chair Exercise – Kimberly w/ Sunnybrook Healthcare will share some gentle and easy exercises that can be done from the chair. |
| 6/19 | Tues. 10:30 am | Healthy Brain – Join Perry Chappell from Human to share techniques to keep your brain healthy. |
| 6/20 | Wed. 10:30 am | Elder Abuse – Madeline Masters w/ Legal Aid will share signs of elder abuse and ways to report. |
| 6/22 | Fri. 10:45 am | Rockin Dickie - Bring your dancing shoes and let’s rock out for a good time. |



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

****Coming in July 2018****

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.

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.

2018 Spring/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; April 17 – May 22, 2018

Core, Tone & Flex – Fridays from 12:00 noon – 1:00 pm; April 20 – June 1, 2018 **(No Class 5/4/18)**

Gentle Yoga – Tuesday's, from 1:00pm – 2:00pm; April 17 – May 22, 2018 **(Max. 15 Students)**

Chakra Yoga – Friday's from 1:00 pm – 2:00 pm; April 20 – June 1, 2018 **(No Class 5/4/18)**
(Max. 15 Students)

Spanish (Beginner) – Thursdays from 11:00am – 1:00pm; May 24 – June 28, 2018 **(Max. 18 Students)**

Spanish (Advanced) – Thursday's from 1:30pm – 3:30pm; May 24 – June 28, 2018 **(Max. 18 Students)**

Introduction to Computers – Mon-Thurs.: May, 21 – 24, 2018 from 2:00pm – 4:30pm & Friday, May 25, 2018 from 2:00pm – 4:00pm. **(12 hour Class) (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.